



Two open house lectures providing

New information on the stabilisation of the trunk

Olivier Gagey, MD, PhD Prof. Emeritus, Paris Saclay University

Olivier Gagey is an orthopedic surgeon, who recently retired from his position as Head of a large orthopedic department in Paris. He has dealt with many patients in pain, both conservatively and surgically, and has a lot of experience in both spinal and extremity problems, going from very severe and traumatic to the more non-specific varieties.

In addition, he is a Professor in Anatomy at the University Paris Saclay and has been responsible, during many years, for many academic teaching programs for medical students, for specific anatomy for orthopedic residents, and was also responsible for setting up a master program devoted to ageing and handicap.

His research interests have been mainly on the anatomy of the shoulder and its biomechanics, bone infection, and presently he is working on the anatomy of the paravertebral muscles and on the function of complex muscles.

He is an experienced and internationally much appreciated lecturer, and after his retirement from the orthopedic department he will devote more of his time updating clinicians on the newest knowledge in this area.

New concepts on how the lumbar spine is stabilised

Open house lecture in 12th September 2018: 16.00 – 20.00

The lumbar spine is the key stabiliser of the trunk. However, it is not the constant contraction of the paravertebral muscles that does this job. Prof. Olivier Gagey will show that there are other mechanisms at play.

To understand this phenomenon, it is important to take into consideration what is already known about the ‘complete’ anatomy of this area, which includes various spinal structures, and to integrate information from recent research findings relating to the concept of ‘tensional integrity’. This leads to an original and clever description of what happens by giving an understanding of the true stabilizing mechanisms.

The *take-home message* for the clinicians is that our concept on the function of the paravertebral muscles needs to be revised.

New concepts on the interaction between the lumbar spine, the abdomen, and the respiratory function

Open house lecture 29th November 2018: 15.00 – 19.00

The human upright posture requires a stable trunk. How does this stabilization take place?

In this lecture, Prof. Olivier Gagey will discuss the breathing mechanisms based on the concept of the “diaphragmatic piston”. He will explain why this idea needs to be revised, when considering the standing human being. According to this newer model, a key structure is in fact the abdominal wall not the back muscles. In addition, the powerful links existing between the abdominal wall and the lumbar paravertebral muscles provide an interesting explanation of the trunk stabilization mechanisms.

The *take-home message* for the clinicians is to never forget the tremendous importance of muscles and their need for careful and long-lasting rehabilitation.



The courses have been arranged by the professors Charlotte Leboeuf-Yde and Per Kjær to promote excellence in the understanding, examination and treatment of back and neck. The planning was conducted as a collaboration between University College Lillebaelt, Department of Sports Science and Clinical Biomechanics, Department of Regional Health Services, SDU



Practical information

Place

Auditorium O100, University of Southern Denmark (SDU), Campusvej 55, 5230 Odense M

<http://vejviser.sdu.dk/opslag?lid=2678>

Fee: 400DKK (chiropractors and physiotherapists) for each course

Students of Physiotherapy at UCL and SDU as well as students of clinical biomechanics at SDU are free of charge

Parkering

Parkering 1 ved svømmehallen, derefter indgang H

<https://www.sdu.dk/da/service/vejviser/odense/parkeringerindgangecampusvej>

Tilmelding

Tilmelding

Tilmelding er kun mulig via følgende link. Tilmelding er bindende. Registrering efter *først til mølle-princippet* (max 180 deltagere for hvert kursus).

New information on the stabilisation of the trunk:

New concepts on how the lumbar spine is stabilized: onsdag d. 12. september 2018 kl. 16-20

Tilmeldingsfrist: 1. september 2018

Fysioterapeut eller kiropraktor, 400 DKK inkl. moms: ----- registrering og betaling:
<http://webpay.sdu.dk/system/betalsept>

Studerende i fysioterapi eller klinisk biomekanik, ingen betaling (tilmelding kun gyldig med studentemail) ----- registrering: <http://webpay.sdu.dk/system/tilmeldsep>

New concepts on the interaction between the lumbar spine, the abdomen, and the respiratory function: fredag d. 29. november 2018 kl. 15-19

Tilmeldingsfrist 20. november 2018

Fysioterapeut eller kiropraktor, 400 DKK inkl. moms: ----- registrering og betaling:
<http://webpay.sdu.dk/system/betalnov>

Studerende i fysioterapi eller klinisk biomekanik, ingen betaling (tilmelding kun gyldig med studentemail) ----- registrering: <http://webpay.sdu.dk/system/tilmeldnov>

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