



Open house lecture providing

## New information on the stabilisation of the trunk

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

Thursday d. 29. November 2018 kl. 15-19

Olivier Gagey is an orthopedic surgeon, who recently retired from his position as Head of a large orthopedic department in Paris. He has a lot of experience in both spinal and extremity problems.

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 and orthopedic residents.

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

After his retirement from the orthopedic department he will devote more of his time updating clinicians on the newest knowledge in this area.

The course has 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



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

The lumbar spine is the key stabilizer of the trunk. However, it is not the constant contraction of the paravertebral muscles that does this job. Prof. Olivier Gagey will give you an original and clever description of what really happens, showing the true stabilizing mechanisms. He will base his explanations on the newest evidence and his own research.

A stable trunk is needed to be able to keep an upright posture, but how does this stabilization take place? To explain this particular aspect of stability, Prof. Olivier Gagey will discuss also the breathing mechanisms based on the well-known concept of the “diaphragmatic piston”. He will explain why this idea needs to be revised. According to this newer model, breathing, the abdominal cavity and the lumbar paravertebral muscles collaborate to keep you standing upright.

The *take-home messages* for the clinicians are that our concept on the function of the paravertebral muscles needs to be revised and the great importance of muscles and their need for careful and long-lasting rehabilitation.

#### Place

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

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

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

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

Tilmeldingsfrist 20. november 2018

Fysioterapeut eller kiropraktor, 400 DKK inkl. moms

registrering og betaling (kreditkort): <http://webpay.sdu.dk/system/betalnov>

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

Yderligere oplysninger: Anne Marie Rosager [arosager@health.sdu.dk](mailto:arosager@health.sdu.dk)

#### Parkering

Parkering 1 ved svømmehallen, derefter indgang H

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