

Towards a history of the development of osteopathy

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Abstract

This article examines the background to the emergence and development of osteopathy. We analyse specific features of attitudes to manual methods of treatment, and identify key aspects of the development of osteopathy. We describe the circumstances in which the world’s first school of osteopathy opened in Kirksville in 1892. We note that osteopathy was criticised at the end of the nineteenth century, while the institutionalisation of the theory and practice of this area of medicine should be regarded as starting 1936 when the General Council and Register of Osteopaths was established in the UK. We point out the specific features of the growth of osteopathy in Russia since 1988 when American osteopath Viola Frymann gave the first public lecture on the topic in Leningrad. We provide lists of experimental and clinical studies and scientific publications in the field of osteopathy. We examine the origins of structured training in osteopathy in Russia in 1992 when the first osteopathic centre (the Children’s Osteopathic Centre) was registered in Saint Petersburg. We present a number of findings on the regulation of osteopathy as a specialist field of medicine and education in Russia in 2012–2021. Finally, we draw conclusions on the specific features of the development of osteopathy in Russia in modern times.

Keywords

osteopathy, history of osteopathy, healthcare, osteopathic methods of treatment, manual therapy

The emergence and development of any area of human knowledge, including osteopathy as a field of medicine, presupposes the establishment of a variety of sociocultural traditions in global science and practice. Studying the history of osteopathy allows us to gain a better understanding of its concepts and philosophical and scientific foundations, in which the social and physiological causes of pathological conditions of the human body play a significant role.

Osteopathy (from the Greek “osteo” (“bone”) and “pathos” (“disease”)) seeks to find a way to understand the structure of bone tissue. The history of osteopathy shows that osteopaths have sought primarily to prevent disease and keep people healthy.

Hippocrates distinguished between minor deviations of the spine and serious displacements and observed that a person’s spinal column could be curved in different ways. The

fundamental principles of medicine established by him, such as that disease per se does not exist, and it is the patient who needs to be cured, and that it is always necessary to seek the cause, and even the cause of the cause, informed the philosophy and practice of osteopathy. For example, Hippocrates's treatise *On Joints* contains a description of what is now known as a "somatic dysfunction of the spine", and he set fractures and dislocations, and performed stretching (traction), on a table specially designed for treating spinal injuries (Hippocrates 1941).

During the Middle Ages, there was a significant loss of the values inherited from the Greeks and Romans, and manual treatment methods also fell out of favour, with only herders, healers, sorcerers and bonesetters continuing to use them. At this time, diseases were seen as independent "entities" existing of their own accord, classifiable in the same way as biological species. By the start of the nineteenth century, the idea of disease as a violation of the normal functioning of the human body had emerged. The empirical wisdom of ancient physicians – that nature healed, and physicians only assisted it began to be described in the strict physiological concepts of the time when treatment boiled down to looking for medication directly affecting pathogens. Manual therapy remained at the level of development it had been at in ancient times. This situation pertained roughly until the second half of the nineteenth century (Novoseltsev and Mokhov 2011).

In the USA, in the second half of the nineteenth century, Andrew Taylor Still (1828–1917), who had originally trained as an engineer before studying medicine, turned his attention to manual treatment of the spine and to developing new techniques for correcting it. He became the founding father of osteopathy.

His engineering background allowed Still to form his own views of the mechanics of the human body. He studied the manual techniques of antiquity, explaining how they could be used in terms of the science of his day (Novoseltsev and Mokhov 2011).

After a long and, by his assessment, unsuccessful career in medicine, Still arrived at the idea that not everything in a living body could be explained by physical and chemical processes alone: he moved away from the basic ideas of monocausality prevalent in medicine

at the time. The desire to understand the profound connection between the body's physiological health and the development of disease allowed him to rethink the knowledge based on physiological and anatomical laws and to start looking for new approaches in medical practice (Still 1897).

Still dreamed of creating a system of treatment based on the inherent laws of nature. His philosophical framework was influenced by the works of the English scientists Charles Darwin and Herbert Spencer, whose ideas on the laws of cause and effect, motion and life, structure and function he reinterpreted: these laws were fundamental to Still's osteopathic doctrine. Still's celebrated statement that the primary manifestation of life was motion was influenced by Spencer's ideas (Still 1899).

In his autobiography, Still states more than once that osteopathy should be regarded as being born on 22 June 1874, when, at 10 a.m., he was, as he put it, "shot – not in the heart, but in the dome of reason", overcoming a profound internal conflict and combining two competing principles – the spiritual and the materialistic – with the practical work of a physician (Still 1897).

In 1875, Still opened an office in Kirksville, Missouri and began calling himself a "magnetic healer". In the 1880s, he travelled extensively, gained practical experience, held treatment sessions, spoke at conferences, and continued to study physiology and neurophysiology. From 1883 to 1890, he advertised himself as the "Lightning Bone Setter".

In 1885, on the advice of Dr. William Smith, his assistant, Still began calling his treatment technique "osteopathy". In 1892, with support from his students, he opened the world's first school of osteopathy in Kirksville. After ten years, the school had become very popular.

At the end of the 1890s, his students were already creating osteopathic treatment methods and techniques themselves. One founded "Boneopathy", another "Neuro Osteopathis", and a third "Chiropractic". As quite often happens, the students believed that it was they who were the founding fathers of these areas (Novoseltsev and Mokhov 2011).

The founder of osteopathy, Andrew Taylor Still, passed away on 12 December 1917, leaving

a legacy of several books in which he set out the philosophy and methodology of osteopathy, including his *Autobiography* (1897), *Philosophy of Osteopathy* (1899), *The Philosophy and Mechanical Principles of Osteopathy* (1892, published in 1902 but then withdrawn from sale), *Osteopathy Research and Practice* (1910) (Still 1897, 1899, 1902, 1910).

In the year Still died, his student John Martin Littlejohn founded the British School of Osteopathy in London. This was the first school of osteopathy in Europe. Its establishment was a highly complex and lengthy process, so it did not produce its first osteopaths until 1924. Littlejohn wrote more than twenty books on osteopathy, which constitute a rich resource (*Lecture notes on physiology* (1898), *Lectures on Psycho-Physiology* (1889), *The Science of Osteopathy* (1901), *A Treatise on Osteopathy* (1903), *Theory and Practice of Osteopathy* (1907), etc.) (Novoseltsev and Mokhov 2011).

When considering the history of the development of osteopathy, we have to mention Abraham Flexner, a prominent American specialist in educational theory. He was tasked with analysing the state of training for American physicians in the early twentieth century (Gerasimov 2012). In his report, Flexner dealt a serious blow to osteopathy, banning doctors of osteopathy from being recognised as physicians in the USA, because of their low level of professional training.

In the following years, the development of osteopathy continued to be affected by socio-cultural, socioeconomic, political and regional factors. An important milestone was the establishment of the General Council and Register of Osteopaths in 1936, a sign of the nascent institutionalisation of the theory and practice of osteopathy.

Medical knowledge was significantly enriched by the founder of cranial osteopathy, William Garner Sutherland (1873–1954), an eminent scientist and one of Still's students. Over twenty years, starting from 1907, he studied the human skull, prepared many and sought confirmation of his theory of cranial mobility, performing experiments on his own skull using various devices of his own inventions. In 1932, at a conference in Detroit, he presented his ideas but, unfortunately, found no support from his colleagues (Novoseltsev 2021).

Nevertheless, Sutherland's works established the cranial concept, the fundamental principles of which he set out in his book *The Cranial Bowl* in 1939. Here, he summed up his many years of observations.

Later, Sutherland embellished his theory with the concept of reciprocal tension membranes, and his next step was to create techniques for balancing them. He introduced the concept of the “neutral point” into professional osteopathy (Novoseltsev 2021).

In 1943, the first cranial study group was founded in Moorestown, New Jersey. Its members included Howard and Rebecca Lippincott, Anne L. Wales, Chester Handy and others, who developed the principles of cranial teaching. At the same time, the Academy of Applied Osteopathy established a commission for the study and development of the cranial concept, and the first textbook on the cranial technique was published (Novoseltsev 2021).

Sutherland set out his medical views relating to osteopathy in *The Cranial Bowl*, his only book. Here, the researcher, scientist and doctor presents articles and notes from speeches and lectures in which the cranial concept is interpreted. In 1971, Sutherland's supporters and followers Anne L. Wales and Adah Strand Sutherland published a book called *Contributions to Thought*, which brought together all his works in strict chronological order. This made it possible to trace the development of the ideas of the originator of the cranial concept (Sutherland 1990). In 1990, *Teachings in the Science of Osteopathy*, a textbook describing Sutherland's methods of teaching the cranial concept, was published (Sutherland 1998).

Adherents of Sutherland's cranial concept included Harold Magoun, Howard and Rebecca Lippincott, Rollin Becker, Viola Frymann, Thomas Schooley, etc. Meanwhile, France became the second European country to show serious interest in osteopathy. In 1952, the Société Française d'Ostéopathie was founded by Dr. Robert Lavezzari, one of Still's students, who maintained close ties with his American colleagues (Novoseltsev and Mokhov 2011).

In 1950, Paul Geny opened the École Française d'Ostéopathie, which fifteen years later he was forced to move to London under pressure from allopathic doctors. Later, Geny moved

the school to Maidstone, where it was renamed the European School of Osteopathy, and was headed by Thomas Dummer and Ange Castejon (Novoseltsev and Mokhov 2011).

In 1993, osteopathy was officially recognised in the UK. In 2002, a bill regulating the activities of osteopaths in France was passed, and five years later osteopathy gained official recognition there (Novoseltsev 2021).

Summing up the complex and contradictory history of the development of osteopathy, it may be said that in the nineteenth and twentieth centuries it as a science has built up unique experience in terms of philosophy, methodology and practical procedures. Perhaps this rich heritage has not been fully recognised and studied, but it is clear that the traditions of osteopathy and its heritage are preserved in the professional activity of specialist holders of osteopathic knowledge.

Around the turn of the twenty-first century, the number of schools of osteopathy increased rapidly all over Europe, as well as in America. Russia was no exception.

The Soviet Union learned about osteopathy in 1988, thanks to public lectures in Leningrad by the eminent American osteopath Viola Frymann. These lectures received great interest from medical specialists, and in 1990 a group of 15 Soviet physicians and medical education administrators visited the US to attend a workshop led by her and to learn more about the field. The workshop was initiated and overseen by Professor Vladimir Andrianov, Director of the H. Turner National Medical Research Centre for Children's Orthopaedics and Trauma Surgery. After the workshop, he invited Frymann to hold a workshop on osteopathy for Russian physicians in Saint Petersburg in 1991 (Egorova, Chervotok, Buchnov 2019; *Osteopatiya...* 2016).

In December 1992, with Frymann's support, Russian neurologist Tamara Kravchenko registered Russia's first osteopathic centre (the Children's Osteopathic Centre) in Saint Petersburg. Its opening marked the start of structured education in osteopathy in the country. In November 1993, thanks to Frymann's efforts, a memorandum on the establishment of the Russian School of Osteopathic Medicine (RSOM) was signed at France's École Supérieure d'Osteo-

pathie.¹ Three months later, on 31 January 1994, the RSOM was registered (also in Saint Petersburg), and from April training for osteopaths in Russia began. Osteopathic doctors Roger Caporossi, Francis Peyralade, Didier Le Hougre and Henri Etienne, from France's École Supérieure d'Osteopathie, taught Russian specialists Ekaterina Ivannikova, Tamara Kravchenko, Anna Rybnikova, Nadezhda Kharitonova, Natalia Khodorkovskaya, Andrei Chervotok, Konstantin Sharapov, and Viktor Shalaev. On the initiative of professors Vladimir Andrianov and Natalia Bepala, teachers from the European School of Osteopathy (Maidstone, UK) began teaching Russian physicians at the Academy of Child Development in 1996 under Renzo Molinari (the first cohort of students graduated in 2000) (Egorova, Chervotok, Buchnov 2019).

The first cohort of students awarded the Diplôme d'Ostéopathie Européen from France's École Supérieure d'Osteopathie graduated in 1997, and the second in 1999. (*Osteopatiya...* 2016). Two of the eight graduates in the second cohort, Dmitry Mokhov and Irina Egorova, became teachers at the Institute of Osteopathic Medicine (IOM), established by them in 2000 along with Chervotok and Sharapov, from the first cohort, at the Saint Petersburg Medical Academy of Postgraduate Education (SPMAPE) (Egorova, Chervotok, Buchnov 2019).

Osteopathy developed rapidly a sphere of postgraduate education in Russia. For example, the Russian Osteopathic Association was registered in Saint Petersburg on 19 December 1997; Tamara Kravchenko became its president. The Russian Register of Doctors of Osteopathy (RRDO) was created, with Konstantin Sharapov its president and Irina Egorova its general secretary (Egorova, Chervotok, Buchnov 2019).

In 2000, the first graduates from the RSOM were qualified. Its best students, Irina Ksenofontova and Lyudmila Krestina, became teachers at the IOM SPMAPE, while Svyatoslav Novoseltsev went on to establish the Northwestern Academy of Osteopathy and Medical Psychology.

The first textbook on craniosacral therapy (osteopathy) officially approved by the Russian Ministry of Health appeared in 2001 (Skoromets

¹ This agreement was signed by Kravchenko, Frymann, Caporossi, and Peyralade.

et al. 2001). From 2000 to 2009, the quality of advanced professional education in osteopathy, and its compliance with government requirements, were assessed through a national accreditation procedure. For example, the RSOM underwent accreditation by the Russian Ministry of Education and received authorisation to issue national certificates for the professional retraining course “Manual therapy (osteopathy)” and professional development courses. In order for the Russian educational courses to meet international standards for training osteopaths, professional retraining at the school took at least three years.

From 2000, the teaching of osteopathy at state institutes of medical education was organised at the Saint Petersburg Medical Academy of Postgraduate Education,² with the support of its rector, Professor Nikolai Belyakov, Member of the Russian Academy of Sciences (RAS) (Egorova, Chervotok, Buchnov 2019). Osteopathy was approved as a method of treatment by the Russian Ministry of Health in 2003.³

From 2004, Saint Petersburg’s network of public and private institutions providing training for future osteopaths expanded rapidly. For example, in 2004, Tamara Kravchenko, with support from Nikolai Petrishchev, Dean of the Faculty of Medicine, and Mikhail Didur, Chair of Physical Treatment Methods and Sports Medicine, launched an elective course for future physicians, called “Osteopathy in treatment practice”, at the Academician I. P. Pavlov St. Petersburg State Medical University. That same year, Larisa Lasovetskaya established the Russian Academy of Osteopathic Medicine (RAOmed), where training by teachers from the European School of Osteopathy continued. In 2006, an Institute of Osteopathy was established at Saint Petersburg State University’s Faculty of Medicine, with Dmitry Mokhov as its director.

² Now the North-Western State Medical University named after I.I. Mechnikov.

³ Skoromets A.A., Egorova I.A., Karpeev A.A., Kravchenko T.I., Mokhov D.E. Osteopathy. Recommended Practices No. 2003/74 (approved by the Ministry of Health of the Russian Federation on 27/10/2003). Moscow, Federal scientific clinical and experimental centre of traditional methods of diagnostics and treatment of the Ministry of Health of the Russian Federation, 2003. 26 p. (In Russ.)

In 2008, the IOM broke away from the SPMAPE and became an independent entity (in 2016, it took the name of Professor Vladimir Andrianov following his death) (Egorova, Chervotok, Buchnov 2019). In 2010, following a decision by the rectorate of Yaroslav-the-Wise Novgorod State University, then headed by Professor Viktor Veber, Member of the RAS, Doctor of Medical Sciences, Russia’s first department of restorative medicine and osteopathy was established at the IOM (Egorova, Chervotok, Buchnov 2019). In 2014, the Northwestern Academy of Osteopathy and Medical Psychology was founded. Two years later, in 2016, the Medical Academy of Osteopathic Education opened under the auspices of the RSOM, significantly expanding educational activities in the field in light of the growing demand across the country (in Krasnodar, Moscow, Nizhny Novgorod, Novosibirsk, and Saint Petersburg) for osteopathic services.

The subsequent history of osteopathy in Russia is closely linked to the research activities of the country’s leading scientific organisations.

The Sechenov Institute of Evolutionary Physiology and Biochemistry of the Russian Academy of Sciences (with its laboratory of comparative physiology of cerebral circulation under Professor Yury Moskalenko, Doctor of Biological Sciences, laboratory of comparative physiology of sensory systems under Professor Inna Vartanyan, Candidate of Medical Sciences, Doctor of Biological Sciences, and laboratory of child neurophysiology under Professor Aleksandr Shepovvalnikov, Doctor of Medical Sciences) became the RSOM’s research centre.

Its main research work focused on the primary respiratory mechanism, and was carried out together with Professor Moskalenko and staff from his laboratory under the auspices of the RSOM and the European Osteopathic Centre. The first scientific publications appeared in leading academic journals (Moskalenko et al. 1996, 1999). Research into cranial osteopathy was carried out together with Viola Frymann, and resulted in a monograph (Moskalenko et al. 2002).

Experimental and clinical research into cerebral circulation and cerebrospinal fluid circulation, carried out by laboratory staff under Professor Moskalenko, contributed to the emergence of fundamentally new ideas of cranial os-

teopathy, set out in articles in *The AAO Journal* (Moskalenko, Kravchenko, Vartanyan 2016).

In the twenty-first century, there has been considerable publication activity from scientists and practitioners: “Cranial Osteopathy”, a practical guide for physicians, was published in 2004 (Moskalenko and Kravchenko 2017); the RSOM issued “The Development of the Fundamental Principles of Osteopathic Medicine in Russia”, an annotated compendium of selected publications from 1996 to 2995, in 2005; a guide to cranial osteopathy for physicians was published in 2006 (Egorova 2006); the monograph “Osteopathy in obstetrics and paediatrics” was produced in 2008 (Egorova and Kuznetsova 2008); volume 1 of the textbook “Osteopathy”, on cranial osteopathy, came out in 2014 (Kravchenko et al. 2014); the first official textbook on the major “Osteopathy”, authored by Svyatoslav Novoseltsev, was published in 2016 (Novoseltsev 2016); a new three-volume osteopathy textbook, co-authored with physiologist Professor Nikolai Erofeev, Doctor of Medical Sciences, now used as core reading for resident osteopaths at Sechenov University, came out in 2021 (Novoseltsev and Erofeev 2021); also that year, Irina Egorova completed work on “Osteopathy in obstetrics and paediatrics with semiotics”, a textbook for higher education institutes (Egorova 2021).

Since 1998, Saint Petersburg has hosted every year of the international symposia “Fundamental Principles of Osteopathy” and “Osteopathy and the White Nights”, at which osteopathic research findings have been discussed.

Candidate dissertations have been successfully defended since 2000, and doctoral dissertations since 2008, on the mechanisms of osteopathy and the application of its methods in many related fields of clinical medicine (pathological physiology, neurology, orthopaedics and traumatology, dentistry, etc.) (Egorova, Chervotok, Buchnov 2019).

The professional community of osteopaths is growing rapidly. In February 2006, a new professional organisation, the United National Register of Osteopaths of Russia (UNRO) was officially registered. This was established on the initiative of IOM SPMape leaders Irina Egorova, Andrei Chervotok and Vladimir Andrianov, and RAOMed leaders Larisa Lasovetskaya and Elena Lantratova, with Professor Anatoly

Neborsky playing an active role. The UNRO was established to bring together all practising osteopaths, educational institutions training osteopaths, and clinics practising osteopathic treatment, in order to ensure high professional standards (Egorova, Chervotok, Buchnov 2019). It has been a co-organiser of five international “Osteopathy and the White Nights” conferences.

On 17 May 2006, the Osteopathy Schools Council (OSC) was established on the initiative of three schools (the RSOM, IOM and RAOMed) under the auspices of the Russian Osteopathic Association (registered in 1997) and the UNRO, with Tamara Kravchenko elected its chair and Irina Egorova its academic secretary. Its members included leading osteopaths Vladimir Andrianov, Andrei Chervotok, Larisa Lasovetskaya, and Elena Lantratova. The main strategic purpose for establishing the OSC was the need to control the quality of osteopathy training, and to develop common professional requirements for osteopaths and their professional activities. Later, Svyatoslav Novoseltsev, Rector of the Northwestern Academy of Osteopathy and Medical Psychology, joined the OSC.

In its fifteen years of existence, the OSC has held various meetings of teachers from institutes of advanced professional education (the RSOM, IOM and RAOMed) to establish common terminology and diagnostic tests for use in degree-level education in osteopathy (Egorova, Chervotok, Buchnov 2019).

On 13 June 2014, the RRDO was renamed the Russian Osteopathic Association. Since 2005, its president has been Dmitry Mokhov.

In 2015, the Association of Osteopaths, a professional medical association of specialists in osteopathy and manual medicine, was founded, and Svyatoslav Novoseltsev became its president.

In 2018, the Russian Osteopathic Association was renamed the Medical Association of Professional Osteopaths, and Tamara Kravchenko was elected its president.

On 30 October 2018, another association, the National Union of Leading Russian Osteopathic Organisations “Federation of Osteopaths” was established. Professor Mikhail Didur was elected chairman of its management board.

According to publicly available sources, more than 2,500 osteopathy specialists are members of professional organisations.

From 2012 to 2021, osteopathy has started to be regulated as a specialist field of medicine and education in Russia. For example, the position of “doctor of osteopathy” was introduced in healthcare institutions in 2012.⁴ In 2013, major 31.08.52, “Osteopathy”, was included in the list of majors in which highly qualified personnel were trained on residency training programmes,⁵ and in 2014 the Federal State Educational Standard for residency training in the major “Osteopathy” was adopted.⁶ In 2014, chief external experts in the major “Osteopathy” were appointed in Russia’s federal districts.⁷ In 2015, osteopathy was included in the classification of higher medical education majors, and the qualification profile for specialists⁸ and model advanced professional medical education courses for the major “Osteopathy” were adopted.⁹ The Federal Methodological Centre for Osteopathy was es-

tablished in 2016,¹⁰ while in 2017, osteopathy was included in the list of higher education majors as a specialist course.¹¹ In 2018, osteopathy began to be licensed as a type of medical activity¹² and the “Procedure for providing medical assistance to the public in the area of expertise ‘Osteopathy’” was adopted.¹³ In 2020, the Federal State Educational Standard for higher education for a specialist in major 31.05.04, “Osteopathy”, was adopted.¹⁴ From all this, we can identify specific features of the recent history of the development of osteopathy in Russia, which has been marked by the establishment of a system of legislation and standards regulating the profession, intensive research activity, a well-developed and stable framework of cooperation with public and private educational and scientific establishments, active work by experts in government legislative and executive bodies, extensive integration with foreign osteopathic schools, centres and leading specialists, and the existence of a well-developed network of professional associations.

Thus, to sum up briefly, it should be noted that osteopathy has existed in Russia for a quarter of a century, and, we believe, it is time to discuss the distinctive features of its emergence and development, bearing in mind the specific features of the Russian mentality, ideas and concepts that have developed in the field of medicine, while not forgetting that osteopathy is a part of global, not just Russian, medicine.

⁴ Order No. 1183n of the Ministry of Health of Russia, of 20/12/2012 (revised as of 04/09/2020), “On confirmation of the Classification of positions of medical workers and pharmaceutical workers”.

⁵ Order No. 1061 of the Ministry of Education and Science of Russia, of 12/09/2013 (revised as of 15/04/2021), “On confirmation of the lists of higher education majors and areas of training”.

⁶ Order No. 1095 of the Ministry of Education and Science of Russia, of 25/08/2014, “On confirmation of the federal state educational standard for higher education for major 31.08.52, ‘Osteopathy’ (the level of training of highly qualified personnel)”. It should be noted that the Federal State Educational Standard for the residency training programme in major 31.08.52, “Osteopathy”, is identical to that for programme 31.08.40, “Manual therapy”.

⁷ Order No. 959 of the Ministry of Health of Russia, of 30/12/2014 (revised as of 07/09/2020), “On the list of chief external experts of the Ministry of Health of the Russian Federation in federal districts of the Russian Federation”.

⁸ Order No. 700n of the Ministry of Health of Russia, of 07/10/2015 (revised as of 09/12/2019), “On the classification of majors for specialists with a higher education qualification in medicine or pharmaceuticals”. Order No. 707n of the Ministry of Health of Russia, of 08/10/2015 (revised as of 04/09/2020), “On confirmation of the Qualification requirements for medical and pharmaceutical workers with a higher education qualification for the training area ‘Healthcare and medical science’”.

⁹ Order No. 481n of the Ministry of Health of Russia, of 24/07/2015, “On confirmation of the model advanced professional medical education courses for the major ‘Osteopathy’”. Order No. 655n of the Ministry of Health of

Russia, of 28/09/2018, “On confirmation of a model advanced professional course for the major ‘Osteopathy’”.

¹⁰ Order No. 157 of the Ministry of Health of Russia, of 11/03/2016, “On the Federal Methodological Centre for Osteopathy”.

¹¹ Order No. 320 of the Ministry of Education and Science of Russia, of 10/04/2017, “On amendments to the lists of higher education majors and training areas”.

¹² Resolution No. 1327 of the Government of the Russian Federation, of 08/12/2016, “On amendments to the appendix to the Regulations on the licensing of medical activities”.

¹³ Order No. 21n of the Ministry of Health of Russia, of 19/01/2018, “On confirmation of the Procedure for providing medical assistance to the public in the area of expertise ‘Osteopathy’”.

¹⁴ Order No. 1187 of the Ministry of Education and Science of Russia, of 16/09/2020 (revised as of 26/11/2020), “On confirmation of the federal state educational standard for higher education for the specialist course in major 31.05.04, ‘Osteopathy’”.

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