



Philosophy of Osteopathy

Andrew T. Still

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Philosophy of Osteopathy by Andrew Still. In 1874, Andrew Still, a medical doctor living on the Missouri frontier, discovered the significance of living anatomy in health and disease. Dr. Still realized that optimal health is possible only when all of the tissues and cells of the body function together in harmonious motion. He reasoned that disease could have its origins in slight anatomical deviation from normal. He then proved he could restore health by treating the body with his hands, naming his innovative approach to restoring health: Osteopathy. He understood that the human body is composed of many parts, all intimately related as a functional whole. More than a hundred years ago, Dr. Still realized that the human being is more than just a physical body. He envisioned a totally new medical system that acknowledges the relationships of the body, mind, emotions and spirit.

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