

European School of Osteopathy

M.Ost Research Dissertation 2015-016

Key: E - Experimental study, L- Literature Review, Obs - Observational Study, S - Single case study

<u>STUDY DESIGN</u>	<u>TITLE</u>
E	The immediate effect of cranial osteopathy on the hamstring muscles flexibility- an in vivo pilot study.
L	The validity of lumbo-pelvic landmark palpation by manual practitioners: a review and evaluation of the literature.
L	Is exercise focusing on core stability and pilates based exercises a more effective intervention for lower back pain than manual therapy?
Q	Experiences of asthmatic patients with regards to osteopathic treatment and management- a qualitative interview study.
S	Treatment effects of cranial osteopathy on asthma: a single case study.
L	Effectiveness of manual therapies and exercise in the treatment of carpal tunnel syndrome: A review of randomized trials.
Q	A study into the opinions and awareness of canine osteopathy among agility dog owners.
Q	Attitudes of mothers regarding postnatal osteopathic treatment. A questionnaire study.
E	A pilot study into the effects of mid-thoracic spinal manipulation and diaphragmatic inhibition on pulmonary function. A randomized control trial.
Obs	Analysis of breathing pattern using the Hi Lo method and its relation to core stability and postural sway.
E	Does balance ligamentous tension to the occipital atlas complex have an acute effect on proprioception compared to a control group?
S	The clinical impact of cranial treatment on the quality of life of a coeliac disease patient: a single case study.
E	Are closed chain exercises more effective in neutralising subtalar pronation than open chain and five finger shoes?
S	What effect does myofascial techniques on lower extremity trigger points have on a healthy female netball player's agility, as measured by the Illinois Agility Run test? An ABA single case research design.
Obs	Retrospective analysis of common patterns in adolescents and teens seen at the ESO clinic during the last decade (2005-2014).
E	Does Earthing and MET have a greater affect on the resting length of the hamstrings then MET alone.
S	A study into the effects of GOT on myasthenia Gravis.
Qual	Practicing osteopaths views, experiences and definitions of the phenomenon of potency in osteopathy.

S	The effects of Strelnikova breathing technique on blood pressure of a 58 year old patient with primary hypertension. A single case study.
Q	The criteria used by patients when choosing an osteopath: a qualitative study.
S	Does MET of the hamstring improve the effects of chronic muscle shortening in a symptomatic female single subject as measured by the sit and reach test (long-term effects).
L	The usage and quality of sham in randomised controlled trials for low back pain. A structured literature review of manual therapy research.
Obs	Is there a correlation between objective and subjective pain measurements and gamma oscillation frequencies?
E	The effect of HVT on the navicular on the power output and pain pressure threshold of the triceps surae muscles.
L	A literature review comparing the effects of manual therapy on sleep patterns.
E	Does isokinetic MET technique on the gastrocnemius muscle alter the function of the Windlass mechanism of the foot?
Obs	Patients who fail to attend appointments at an osteopathic teaching clinic: a cross-sectional retrospective observational study.
E	The effects of altering the force of contraction during application of muscle energy technique on flexibility of the hamstrings. A randomised control crossover study.
E	This study will aim to see whether a deep kneading soft tissue technique or a standing dynamic stretch technique of bilateral gastrocnemius has an effect on the degree of dorsiflexion range of movement in both ankle joints, in comparison to a control group.
L	Reviewing our current understanding of the Primary Respiratory Mechanism.
Obs	An inter-rater reliability study of first and third year students in assessing lumbar spine flexion range. An observational study.
E	A comparative study of lumbar spine range of motion in hockey players and a matched group of the general public.
E	Fascial unwinding of the lower extremities and its short-term effects on proprioception: an experimental study.
E	The effects of BLT to the cervical spine on cervicogenic headaches, a controlled crossover study.
Qual	It's definitely an evolving creature- development of views, identities and conceptions of osteopathy: a qualitative enquiry into the student experience in osteopathic undergraduate education.
E	Does knee pain sufferer's proprioception respond to BLT differently to those without previous knee injury- a quantitative study.
Obs	Do clinical pelvic measures act as predictors of length of the second stage of labour or mode of delivery in primigravida? An observational cohort study.
Qual	A qualitative investigation into osteopaths' experiences in treating professional singers,
E	The short-term haemodynamic effects of visceral vascular manipulation of the common iliac artery on the common femoral artery: randomized controlled trial.
L	A literature review on the effectiveness of different types of manual therapy for treating infants with sleep disturbances.
Qual	A qualitative inquiry into osteopaths' experiences of resources and demands of the workplace in sole and group practices.
E	The immediate effects of the suboccipital muscle inhibition technique on vagus nerve activity and the balance of the autonomic nervous system. A pilot study.

E	Eccentric loading vs PNF stretching of the psoas. The effects on vertical jump performance.
S	A single case study: is isolytic MET a more effective approach than prescribed eccentric loading, in improving grip-strength and reducing pain levels when considering a patient with Lateral Epicondylitis?
S	Effect of muscle energy technique (MET) on masseter muscles on a subject with sleep bruxism assessed using musculoskeletal ultrasound and a patient-reported index. A single case study.
L	Joint hypermobility syndrome: what are the main outcome measures reported for determining change within studies on this condition? A literature review.
E	Investigating the viscerosomatic effect of direct and indirect visceral manipulation applied to the root of the mesentery on thoracic paraspinal resting muscle tone (T9-11) in asymptomatic patients; a randomized control study.
S	Does osteopathic treatment affect a single subject IBS sufferer's symptoms and quality of life?