



T.O.I –TUTORIAL ORTHOPATHIC INSTITUTE CYPRUS

(Affiliated to Neo-Hippocrates School Cyprus)

The T.O.I. Orthopathic Institute Registered in Cyprus under the Partnerships and Business Names Law Cap. 116, Reg. No: Σ11254

Welcome to the T.O.I Tutorial Orthopathic Institute



WHAT IS ORTHOPATHIC PRACTICE

Orthopathy (from the Greek Ortho-(correct) + Pathos ("suffering"))

Orthopathy is explained as:

Disease action no less than health action, is right action; yet it occasions suffering because of adverse conditions that have been imposed upon the body. So, by the term Orthopathy we mean (Correct the Disease) right suffering. .

Orthopathic Therapy:

The art and science of restoring normal structure, health and dynamics to the body using physical treatment allied with other adjunctive therapies/approaches such as acupuncture, homeopathy, naturopathic nutrition, detoxification, Fasting .

Adjunctive therapies and approaches usually include Natural Nutritional advice, Lifestyle advice, and other Therapeutic systems as appropriate that will help restore health.

Natural Health Practitioners (Orthopaths attend to all the common conditions that affect the human health ranging from headaches right through to functional problems of the organs and parts of the body

WHERE CAN ORTHOPATHY BE USED?

Orthopathy can have a positive effect to a wide range of disorders, and body systems such as:

- Myoskeletal system
- Nervous System
- Digestive system
- Respiratory system
- Cardiovascular and Circulation
- Urinary/Hormonal
- Lymphatic System
- Defence System
- Endocrine
- Skin
- Sensory

ARE THERE “SIDE EFFECTS”?

The only side effect that sometimes presents itself is some pain or numbness in the area of manipulation or increase urination και αφόδευση, dizziness, headache, either for one or two days after treatment, but this is considered a normal reaction.

With the proper Orthopathic manipulation the only thing someone could expect is beneficial results. Of course it is expected that every patient will respond differently to the treatment and will have a variety of reactions.

SYLLABUS OF TRAINING (Duration 3 years)

Unit (1)

SUBJECTS :

Anatomy, Physiology & Pathology, Clinical Examination (Clinical Skills)

- Cells
- Tissues
- integumentary system
- Skeletal System
- Muscular System
- Cardiovascular System

- Lymphatic System
- Nervous System
- Aesthetic and Locomotive System
- Endocrine System
- Respiratory System
- Digestive System
- Urinary System
- Reproductive System
- Defensive System
- Infectious Diseases
- Oncology
- Pharmacology (basic knowledge)
- Biomedical Laboratory
- Occupational Health
- First Aid

Unit (2)

Introduction to Alternative Therapies

- Why Alternative Medicine
- Holistic Medicine
- Role of Alternative Medicine
- How does Naturopathy act?
- The law of similars and Law of Opposites
- Physical Therapy-Holistic Approach and Uniqueness
- The sick and personal responsibilities
- Natural Therapeutic Principles
- Detoxification
- Alternative Healing and its position on Cancer
- Food as medicine and medicine as food
- Alternative Therapies and their role in preventing and treating
- Naturopathic -Intoxication-Toxic Substances
- Chemicals and Synthetic Drugs
- The seven Doctors of Nature
- What is Naturopathy

Section (3)

Orthopathic and Naturopathic Principles

- Orthopathic & Naturopathic Principles and Philosophy
- How does Orthopathy and Naturopathy work?
- What is Disease?
- Disease as a force for self-medication and treatment
- Disease as a physiological process
- Germs are not the root cause of illness
- The result of toxins in the body
- History of Orthopathy and Naturopathy
- Main weapons of Naturopathy and Orthopathy

- Searching for the magic cure all.
- The ubiquitous germs
- The Orthopathic and Naturopathic therapist
- Basic Principles of Naturopathy
- The disease is one and only one.
- Orthodox Medicine and Alternative Therapies
- Basic Principle of Medical Schools
- The Sickness Cures Illness
- The two treatment systems
- The Healing Power of Nature
- The etiology of the disease
- The food is our medicine for health and disease
- The main means of therapeutics detox
- The major source of Intoxication
- Detoxification
- Antinutrients- antiphysiology terms
- Destruction of the Immune System
- Naturopathic diagnosis.
- Chinese traditional medicine/TCM.

Unit (4)

Natural Nutrition

- Introductory Lecture
- Orthomolecular Medicine and Conventional Medicine
- Aetiology of Nutritional Pathology
- Principles of Naturopathic Nutrition
- Use of Orthomolecular supplements & Toxicology and Dose
- Proteins, Fats, Carbohydrates
- The micro-nutrients, vitamins, minerals
- Phytonutrients, Antinutrients & Free radicals
- Nutrition, Exercise and Sports
- Diseases and Orthomolecular Therapy
- Orthomolecular Theory of Genetics and Pathogenesis of Age
- Practical Knowledge of Naturopathic Nutrition

Unit (5)

• Introduction to Orthopathic adjustments and Massage

- Sensation
- Introduction to movement and reflexes
- Voluntary movement
- Connective tissue
- Skin
- Adjustment of body systems
- Pain, and inflammation

Unit (6)

- Therapeutic relationship
- General principles of palpation
- Coding of manipulations
- Application Parameters
- Results of the therapy manipulations and massage
- The kneading & structural adjustment of circulation
- Lymphatic drainage and structural adjustments
- The massage and structural adjustments in sports
- Specific methods and structural adjustments and massage
- Wetterwald techniques
- Skin manipulations

UNit (7)

- Deep transverse massage
- Treatment of the periosteum and colon massage
- Rolf Method
- Specific skilful manipulations and body work on the spine
- Therapeutic regimens
- Examination of Theory and Practice

Unit (8)

- Manipulative techniques & massage on cervical area
- Masage and manipulations on the dorsal area(back).
- Masage of anterior-lateral thoracic region

Unit (9)

- Manipulation and Masage adjustments of the lumbar region
- Manipulations and massage of the pelvic area.
 - Manipulations and massage of the abdomen

Unit (10)

- Manipulation, Masage and adjustments of the face and scalp
- Manipulation, Masage and adjustments of upper limb
- Manipulation, Masage and adjustments of the lower extremity

Unit (11)

- Manipulative techniques
- Cranial Orthopathic Techniques
- Soft Tissue manipulations
- Soft tissue technique
- Visceral manipulation
- Myofascial Syndrome
- Introduction
- Trigger Points
- Basic techniques of reflexology

- Therapeutic regimens

Unit (12)

Clinical Practice

- Health history Taking
- Follow-up the progress of the patient
- Orthopathic diagnosis and evaluation
- General Diagnostics

- Professional Clinical management
- Public relations
- Setting up business
- Physical Diagnostics
- Functional Test
- Liver and parasite tests
- Allergy Test
- Candida and yeast infections
- Biochemical analysis of urine and saliva
- Diagnosis of face, tongue, nails, and hair

Unit (13)

- Practical Experience in the Institute's Clinic under supervision and guidance on patients introduced by the students themselves..

Unit (14)

- Practical experience & health history taking and Case studies
- Professional development and ethics
- Final Theory and Practice examinations

Important information

Students that complete our Diploma in Orthopathic Therapy **gain a working know-how and qualification to establish themselves in private practice. All course materials are not included in the fee.**

The course begins with **theory modules**, studied at your own pace, with interactive support and guidance from the Training Institute. **To help you get the best understanding from the course and gain sufficient experience we offer monthly seminar, lectures, course workshops, practicums, home study, research and also extra practical training under supervision and examinations .**

The modules teach **anatomy, physiology, diagnosis and treatment** cover **every aspect of starting and running your own practice.**

In an enjoyable learning atmosphere you gain hands-on experience of **patient management, treatment modalities** and safety practice procedures (exclusive to this

Institute). **A lecture series runs alongside the clinical training to prepare you for actual practice.**

Recognition of Orthopathic & Naturopathy Training

Fully accredited by the Cyprus Tutorial Orthopathic Institute, Cyprus Naturopathic Association, Graduates holding T.O.I-CNM diplomas are eligible to apply for Membership with Democratic Orthopathic Council, U.K. and other EU countries professional Associations. For *Germany please read below:

EU –*Germany

Everybody who wants to practice Natural Therapies in Germany must take an exam set by a Government body. Once you have passed this exam you are allowed to call yourself a “Heilpraktiker” (Natural Health Practitioner). No matter if you practice Nutrition, Homeopathy, Herbal Medicine or Acupuncture, the exam is the same for everybody.

International Recognition

Each country has its own regulations which differ from state to state. If you are interested in a particular country, contact T.O.I office for more details

This is a genuine opportunity for career change, and by charging realistic fees and justifying them by attentive service it is possible to **earn at a good rate**, either in a private therapy centre or by low-overheads domiciliary visiting.

Qualified Practitioners are **recognized by British Health Insurance for insurance cover** of all aspects of practice. We will help you to grow and develop your practice by offering update and Continuing Professional Development opportunities.

Refreshment Training is available from the Institute.

You cannot call yourself a Medical Doctor, "Osteopath or Chiropractor" **We train practitioners for independent self-employment in the private sector.**

You are an Orthopathic Practitioner (Correct +Path)= To correct the disease.