



Interview With Dr/ Hesham Khalil

PT,DO

- Founder of Osteo Egypt.
- Founder and Chairman of the Egyptian Osteopathic Society.

Meeting a person like Dr/hesham khalil give us a chance to learn that : Despite your success and your knowledge , you should be a modest person and not just in treating others decently but also in supporting their new ideas. Great thanks for Dr/hesham Khalil from Lupdup team for this interview , his incorporeal support and also for accepting our idea *lup dup magazine.

How did you learn about osteopathy in the first place?

>There are many instances in which personal traumas/experiences are known to shift ones paradigm, or scope and make a lasting impression and perhaps teach a major life lesson, or end up blessing someone's life. For me, one of my personal ex-

periences; I have several car Accidents in which I developed what so called culstural Headache where No Medical Model has relieved my Pain for a full Five Years Using the Best Medications and Narcotics. Until one day everything changed; an Osteopathic Doctor in Canada Was Able to Cure me totally only within 3 Visits within a very Short Time without Use of any Medication and By Correcting the Biomechanics of my Neck and Dorsal Area, resulting in me not having the headaches anymore

How did osteopathy enter Egypt?

>Alhamdulillah, all praise due to Allah; He gave me the opportunity to Introduce Osteopathy to North Africa and the Middle East area and for the first time in 2006 During the International Physical therapy conference.

Most people think osteopathy is mostly about treating the fascia and fascial release techniques? Why is this picture in people's heads?

>It is purely my Mistake, When I started Promoting Osteopathic Philosophy nearly 12 years ago as well as the concept in Practice .. I focused on something Related to Muscl-Skeletal System to Simplify the Idea. But Sadly, first impressions last. But in reality Osteopathy Treats everything with a certain approach

What is the difference between osteopathy and physical therapy? And What makes an osteopathy practitioner superior to normal physiotherapists career wise?

>Another Big Misunderstanding, but it is an important Question, let us break down to clarify the differences: Physical therapists have a limited license and must have a physician's (DO/MD) prescription to see a patient in order to get reimbursed by an insurance carrier. In some settings they can function autonomously and have the legal ability to see patients independent of a medical referral. Technically they are not licensed to make a formal medical diagnosis.

They have special training in exercise, physical rehabilitation, and therapeutic methods of treating the musculoskeletal system. They frequently use additional modalities such as ultrasound, cold/heat, diathermy, and electro-stimulation. Some physical therapists have received additional manual therapy training.

Do you use modalities or machines in your practice?

>I do not use any modalities like hot or cold packs, ultrasound, TENS units, electrical stimulation, cutaneous 14 15



laser therapy, or any therapeutic machines in my office. I believe that the hands-on work of Osteopathic Manipulation is dependable, potent, and highly therapeutic. I believe that human touch is an incredibly powerful healing agent and inanimate machines cannot reproduce that power



What is the difference between the manual therapy of PTs and Osteopathic Manipulative Treatment?

>Many PT schools have traditionally offered training in massage and soft-tissue techniques. In the early 1980s, several American DOs began offering courses to PTs in OMT. A few Osteopathic medical schools also began to offer post-graduate Osteopathic manual therapy courses to PTs. The most common types of manual therapy techniques utilized by PTs are based on an Osteopathic model, however they do not practice Osteopathy. PTs do not incorporate Osteopathic philosophy into their work and frequently use OMT as a technique-driven modality rather than an integrated holistic approach.

Is osteopathy used to treat the musculoskeletal system only or can it be the primary treatment or even a secondary treatment of any other system?

>Osteopathic medicine promotes a holistic approach first and foremost. However, it can be both it depends on the Patients Primary Problems, Example Chronic Back Pain most of the time related to Visceral Issues, So you need to treat the cause not the Symptoms(Back Pain) and Vice versa if Nerve entrapment happens , it will eventually will affect the its Visceral Supplies. Example (Sympatric thoracolumbar Nerves will affect the Visceral Organs, etc..)

How are problems of muscles and the spine related to the internal organs?

>Osteopathically speaking, the body is one functional Unit, part of it is physiology the other part of it is the anatomy or structure and both are interdependent on each other.

عَنِ النَّعْمَانِ بْنِ بَشِيرٍ قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: (مَثَلُ الْمُؤْمِنِينَ فِي تَوَادُّهِمْ وَتَرَاحُمِهِمْ وَتَعَاطُفِهِمْ مَثَلُ الْجَسَدِ؛ إِذَا أَشْتَكَى مِنْهُ عُضْوٌ تَدَاعَى لَهُ سَائِرُ الْجَسَدِ بِالسَّهْرِ وَالْحُمَى)

Why is the public awareness about osteopathy low not only in Egypt?

>I totally Disagree with this statement, We are Graduating the First Generations of Pure Egyptian Physical therapist this May 2017, who have spent five Full years Studying Osteopathy Very Hard to be Recognized in at least 47 European Country, and the rest of the World but US., on the other hand, we can't keep up with Patients in our Offices as well as Wadielnile Hospital.. But if it is True, that would be a shame, that we haven't spread this responsibility and Egypt IS the First Country in the whole Middle East and North Africa to have the Most recognized DO School in Europe (The International academy of Osteopathy)

What are the requirements to enroll in osteopathy school and when can I enroll?

>Any MD, or PT can Join the school. (interns Students can join during Internship as an exception per interview)



Why can't osteopathy courses be introduced as part of the undergraduate courses in physiotherapy schools here in Egypt?

>I been Trying So hard since I have started 12 years ago, but for some logistical reasons, few of these reasons: a- Logistically: no university in Egypt offers the +4 year as a Post grad Model. b- Cost: Especially after the exchange Rate between Dollars and Egyptian Pounds c- that Osteopathy is either four (4) Full Academic Years or Five (5) depending on the Part time program like the one we have here in Egypt. Osteopathy is not for everyone. it is only for those ambitious to make a difference, in other words.

