

Posturology : history, concepts and perspectives for health.

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Posturology is the science that studies the upright postural control system and the stabilization strategies. It provides a better understanding of functional disorders such as chronic pain syndroms and also cognitive disorders like dyslexia. It gives a common language and a cross-disciplinary exchange. It provides guidance to the patient with the most appropriate therapist : medical doctor, ophthalmologist, dentist, physiotherapist, osteopath, or podiatrist.

This science is not static, it is constantly enriched by the exchange of knowledge from various medical corpora. A real clinical expertise is emerging whereby therapists establish a « dialogue » with the patient's body. It gives way to an appropriate treatment for each patient. Moreover, this approach helps us to understand that the body and its postural system is not linear. For example, an adherent scar on the foot can lead to disorders such as neck pain, back pain, digestive disorders, ...

In this article, we first provide a brief history of posturology, then we define and explain the concept of Upright Postural System and Postural Deficiency Syndrom. We finally draw up an inventory of current knowledge on the benefits of postural treatment. In the end of the lecture, we hope to feed reflection about the prospects for the future in the field of health, and why not, possible implications for other fields.