

Hippocrates: Father of Shoulder Subluxation Kinesiotherapy

Hippocrates, the renowned physician operating around 400 BCE, has undoubtedly influenced modern medical practices with his influence spanning varying fields of medicine. While he lacked the imaging technology to see the internal workings of the bones, muscles, ligaments, etc., Hippocrates of Kos understood the “normal” anatomy of a human and understood how the joints functioned with the surrounding soft tissue. Hippocrates demonstrates his understanding of shoulder dislocations and how the surrounding tissues both respond to the injury and thus how to soothe the area so that the shoulder could be returned to its natural anatomical position. Since the Hippocratic School of Medicine did not endorse the dissection of a human body, the school focused heavily on external manipulation of the body and a physical therapeutic approach to reset dislocations. Understanding how the human body is interconnected allowed Hippocrates to uncover the now understood concept of the kinetic chain in which all strain, pain, and discomfort are interwoven. To treat one area is not enough to fully heal an ailment, but attention to the surrounding/connected tissues must also be addressed. In Hippocrates’ work *On Joints*, the 5th century BCE. physician displays an understanding of intricate human anatomy and the pathological response of the body to an acute injury as he evaluates, treats, and rehabilitates like modern physical therapy.