

**Osteopath  
Bsc.PT, DO,  
M.Ost**

**27 years of practice in osteopathic manipulative medicine.  
Specialises in neuroimmunology in relation with the vagus nerve and  
heart rate variability**

**Neuroscience – Private practice – Clinical tutoring and teaching – Quality  
Control - Research**

## Work Experience

June 2022	Owner of the Institute for Osteopathic Studies & Research (IOSR – Halifax)
October 2019	Keystone Health & Wellness Center, Dartmouth, NS - CA
August 2016 September 2019	Osteopathic practice – Kinesis Health Associates – Dartmouth, NS - CA
January 2016 July 2016	Osteopathic practice – Dr JL Mirabel medical practice (Uzes - F)
May 2013-February 2015	Institut pour la Formation en Ostéopathie (IFO-GA) (Avignon - F)
Position	Teacher in neurology (neurology, semiology, anatomy, neurophysiology of pain) Clinical tutoring Pedagogic coordinator International relation manager Member of the French Task Force to set up the European Directive on Osteopathic services (CEN/TC 414)
August 2012 December 2015	Osteopathic practice – (Uzes – F)
2011-2012	National Hospital, Abu Dhabi - Top Medical Centre, (Dubai/UAE) - (DHA licence)
Position	Osteopath
2009-2010	Al Rawdah German Medical Centre (Abu Dhabi-UAE)
Position	Osteopath
2006-2009	Gulf Diagnostic Centre - ADCO Medical Centre (Abu Dhabi/UAE) - (HAAD Licence)
Position	Osteopath
1996-2006	Osteopathic practice (B)
Position	Osteopath
1996-1997	The John Wernham Academy of Classical Osteopathy (JWACO – B)
Position	Lecturer – Clinic assistant
Mission	Teaching general neurology, neurophysiology of pain, applied neuropathology of the spine. Clinic Assistant to the JWACO osteopathic clinic.

### Certificates:

ADCO (UAE): medical awareness day  
ADMA-OPCO (UAE): Breast Campaign  
Institute of Technology: Spinal screening

### Osteopathic achievements:

- 1995: Doctorate thesis in Osteopathy. Dpt. Neurosurgery. CHUV. Lausanne (CH)

« Work Recovery in Response to Osteopathic Treatment After Hemilaminectomy for Lumbar Disc Herniation: A Prospective study with comparison group »

- Management of acute and chronic spinal and peripheral joint disorders as well as soft tissues injuries, headaches, vertigo...

- Integrative Osteopathic Clinic, Tutoring, Teaching, Consulting and Researching

### Membership in good standing:

- Institute of Classical Osteopathy (UK)

- Association Québécoise des Ostéopathes (AQO) (CA)

- SOCATO (CA)

- Doctorate member at ACoPM (US)

## Education – Conferences – Post graduates courses - Research

2021-	PGCert in Psychology and Neuroscience of Mental Health MSc. in Applied Neuroscience King's College London (UK)
2002-2003	ICHEC - Entreprises (Brussels/B) Post graduate certification in quality ISO2001:2000
1991-1994	Swiss School of Osteopathy (Lausanne/CH) 1995: Diploma in Osteopathy – Master 2 level (MOst) Thesis done under the supervision of Prof. N. de Tribolet (Neurosurgery Dpt - CHUV, Lausanne/CH)
1989-1995	John Wernham Academy of Classical Osteopathy (Leuven/B – Maidstone/UK) Diploma in Osteopathy
1986	Post graduate training in physiotherapy: Muscles chains, Mezieres Method. (Noisy s/Ecole/F)
1982-1986	Institut Parnasse UCL (Brussels/B) BSc. in Physiotherapy
International Symposium and Conferences	MADRID (SP) 2014: Osteopathy– Research and Practice – John Wernham Memorial conference.  BARCELONA (SP) 2014: OSEAN Forum: Innovation in Osteopathic Education. <a href="#">LECTURE: MOODLE AS AN E-LEARNING SOLUTION.</a>  LONDON (UK). INSTITUTE OF CLASSICAL OSTEOPATHY. 2018 ANNUAL INTERNATIONAL CONFERENCE. <a href="#">LECTURE: THE VAGUS NERVE IN A COMMON PATHWAY UNIFYING THE ETIOPATHOGENESIS OF DISEASE</a>  BERLIN (G). <a href="#">OSD CONFERENCE OSTEOPATHY 2019: OSTEOPATHY IN THE CRANIAL FIELD.</a> November 2019  MADRID (SP). <a href="#">OSTEO SUMMIT 2020</a>
European Standard for Osteopathic Services	Member of the FRENCH Project Committee on “Services in Osteopathy” ( <a href="#">CEN/TC 414</a> ) (2014-2015). Setup of the European Standard on Osteopathic Healthcare Provision. ( <a href="#">EN16686:2015</a> )
EPOQ Montreal Canada	<a href="#">Post-Graduation lecturer in osteopathy and neuroscience.</a> 2016-2017-2018-2019-2020-2021
ICO – Verona Italy	Osteopathic treatment of autoimmune diseases and heart rate variability. October 2019
Warsaw Poland	FIZJOSYSTEM SZKOLENIA: Master course in osteopathy. Non-invasive vagus nerve stimulation (Part 1). November 2019 Fascia revisited: integration to the GOT and its influence on the vagus nerve. November 2019 Objectivation of the Neuro-Physiological Effects of the Osteopathic Treatment via Heart Rate Variability. May 2020 Non-invasive vagus and trigeminal nerve stimulation (Part 2). May 2020-Oct 2021  Faculty member of the <a href="#">Still Academy of Osteopathy</a> (Poland)
FSO Switzerland	Osteopathic treatment of autoimmune diseases. Objectivation of the autonomic nervous system function. May 2020

## Pascal Grolaux

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Researchgate: [Pascal Grolaux](#)

Language: French - English

Panta-Rhei Holland	The Neurovisceral integrative model and its application in osteopathy November 2021
Vienna School of Osteopathy Austria	Osteopathy and Non-invasive vagus nerve stimulation (IPart 1). Feb 2021 Osteopathy and Non-invasive vagus and trigeminal nerve stimulation (Part 2). Mar 2021 - Dec-2021 (practice)
CFPCO Paris -France	Traitements ostéopathiques ciblant le nerf vague: techniques spécifiques et mesures. Part1, Part 2, practice May-June-October 2021
SAO. Poland	Pain. From physiological, clinical and management perspective. May 2022
OApO. Toronto	TOG to address the neuro-immunological system. From Littlejohn to modern osteopathy. Part 1. June 2022
EORA. Spain	Integrative osteopathic approach to target the neuroendocrine-immune system, the vagus nerve and heart rate variability. Part 1. June 2022
EORA. Spain	Integrative osteopathic approach to target the neuroendocrine-immune system, the vagus nerve and heart rate variability. Part 2. September 2022
OApO. Toronto	TOG to address the neuro-immunological system. From Littlejohn to modern osteopathy. Part 2. September 2022.
EPOQ. Montreal	The TOG. An historical perspective and a modern application. September 2022.
Research & Publication	<p>Study Design: Effect of Non-Invasive Vagus Nerve Stimulation on BDNF, TNF<math>\alpha</math> and HRV in Depression. A Double-Blind Randomized Pilot Study. (Ongoing research with Department of Psychiatry, Dalhousie University, Halifax, Canada).</p> <p>Renaming the Autonomic Nervous System: Does that Makes Sense? (Ongoing co-authored research).</p> <p>Grolaux PJD. Transcutaneous Vagus Nerve Stimulation in Private Healthcare Center: A Small-Scale Investigation Targeting Anxiety, Irritable Bowel Syndrome and Chronic Pain. <i>J Neurol Neuromed</i> (2019) 4(5): 7-22 <a href="https://www.jneurology.com/articles/transcutaneous-vagus-nerve-stimulation-in-private-healthcare-center-a-small-scale-investigation-targeting-anxiety-irritable-bowel-syndrome-and-chronic-pain.html">https://www.jneurology.com/articles/transcutaneous-vagus-nerve-stimulation-in-private-healthcare-center-a-small-scale-investigation-targeting-anxiety-irritable-bowel-syndrome-and-chronic-pain.html</a></p> <p>Peer reviewer for the <i>Journal of Manipulative and Physiological Therapeutics</i> Oct 2020 (Elsevier journal)</p> <p>Pascal J.D. Grolaux, Timothy J. Sparrow, François Lalonde; Traditional Osteopathy and the General Osteopathic Treatment: A Historical Concept and a Modern Application. <i>AAO Journal</i> 1 December 2021; 31 (4): 39–46. doi: <a href="https://doi.org/10.53702/2375-5717-31.4.39">https://doi.org/10.53702/2375-5717-31.4.39</a></p> <p>Pascal J.D. Grolaux. Effects of Chronic Non-Invasive Vagus Nerve Stimulation in an Asplenic Individual with Rheumatoid Arthritis: Report from an n-of-1 Study., 12 April 2022, PREPRINT (Version 1) available at Research Square [<a href="https://doi.org/10.21203/rs.3.rs-1546549/v1">https://doi.org/10.21203/rs.3.rs-1546549/v1</a>]</p>