

# Bounine Method

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Your balance restored, your body set free

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Osteotherapist

[www.methodebounine.com](http://www.methodebounine.com)

# The Bounine Method

## Fundamental purpose

### A new therapeutic approach

An osteotherapeutic approach: care of the bones, therapy through the bones. The bone is a living tissue, elastic with a 30% water content.

It is the living memory of the individual.

The bone is also the tissue which acts as the frame for the body and gives it shape.

### Two innovative concepts

- Balance of the pelvis
- Liberation of the traumatic bone memory

### Respect for the fundamentals

- Anatomy and biomechanics
- Prevention

### A rhythm

- 5 basic sessions on average over 2-3 years
- 1 annual preventive session recommended

### Giving hope

Experience again your real physical and emotional base through a recovery of the original equilibrium and maintenance of this equilibrium in space and time.

« *Being in shape means being in your own shape* »

### A universal method

- From birth to old age
- Whether sedentary or a high-performance sports-person
- Whether in good health or suffering from an ailment.

### A technique : MPO

*(Postural Osteotendon Massage)*

The therapist treats the patient by means of long, firm finger pressure on the points where the muscles, the aponeurosis and the ligaments are attached to the bones. This treatment frees up the body tissues, releasing the tensions stamped upon the body due to traumatic events and suffering endured during the patient's lifetime. Subsequently an assessment and realignment of the pelvis are carried out.

### Its originality

The method has been perfected by treating high-performance sports people, where officially prescribed techniques did not produce results.

### A response

- Why am I in pain ?
- What is making feel in pain ?

# The Bounine Method its outreach

## Publications

- *Vivre Debout*. éd JC lattès. 2005

- *Pourquoi j'ai mal au dos et dans mon corps, l'équilibre du bassin la clé*. éd du Dauphin. 2013

## Conferences

Podcast on [www.methodebounine.com](http://www.methodebounine.com)

**TED X Bordeaux 2011**

**Salon VIVEZ NATURE Paris 2014**

**Congrès IPSN Paris 2016**

## Media

Podcast on [www.methodebounine.com](http://www.methodebounine.com)

**FRANCE 2**

**RMC**

**RTL**

**Radio Médecine douce**

**Radio Notre-Dame**

## Teaching of the Bounine Method

Training for health professionals: Physiotherapist, osteopaths, doctors.

### **Training of 4 two day courses:**

- Course 1: teaching of assessment, treatment of balance of the pelvis in child orthopaedics, rheumatology and traumatology.

- Courses 2 and 3: teaching of treatment of the back and of the upper and lower limbs after re-balancing of the pelvis.

- Course 4: revision, skills development, certification.

[www.methodebounine.com/Formation](http://www.methodebounine.com/Formation)

## European Osteotherapists Network

Post certification follow up of practitioners affiliated to the Bounine Method Network.

[www.methodebounine.com/Praticiens](http://www.methodebounine.com/Praticiens)

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## Nicolas BOUNINE

Physiotherapist since 1979, Nicolas Bounine has studied osteopathy, kinesiology, micro- kinesitherapy and the Mézières method. His formal training was further enhanced by two years working in a hospital setting, seven years with INSEP (National Sports Institute, Vincennes).

He now practices in a medical centre in Boulogne-Billancourt and teaches the Bounine Method Osteotherapy since May 2012.

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