

主旨：關於 Osteopathy —— 提出中文名稱的建議

Subject: Announcing a Proposed Chinese Name for Osteopathy

親愛的同行、執業師、學生，以及 Osteopathy 社群的朋友：

Dear Colleagues, Practitioners, Students, and Friends in the Osteopathic Community,

多年來，Osteopathy 一直缺乏一個正式、恰當的中文名稱——一個真正能尊崇其起源與哲學的名稱。這個缺失一直讓我感到困擾，因為一個名稱不只是標籤，它承載了這個專業的身份、意圖與靈魂。

For many years, osteopathy has lacked a proper, official Chinese name—one that truly honors its origins and philosophy. This absence has always troubled me, because a name is more than a label: it carries the identity, intention, and soul of the profession.

目前，世界衛生組織（WHO）並未認可任何標準化的中文譯名，全球 Osteopathy 機構也尚未對中文名稱作出官方背書。在香港、台灣與中國大陸，最常見的譯名包括「整骨療法」、「骨療學」，甚至「骨病」。這些名稱雖然可以理解，卻不足以完全表達這個專業。它們往往將 Osteopathy 簡化為機械性的骨骼操作，或暗示骨骼本身有病理——這些都無法傳達我們這門尊貴專業的整體性與根本意圖。

Currently, there is no standardized Chinese translation recognized by the World Health Organization (WHO), and no official endorsement from global osteopathic bodies for a term in Chinese. The most common existing translations in Hong Kong, Taiwan, and mainland China include 整骨療法 (zhěng gǔ liáo fǎ, "bone-adjusting therapy"), 骨療學 (gǔ liáo xué, "bone-therapy study"), and even 骨病 (gǔ bìng, "bone disease"). These are understandable but poor reflections of the field. They often reduce osteopathy to mechanical bone manipulation or suggest pathology in the bones themselves—neither of which captures the holistic, foundational intent of our esteemed profession.

Osteopathy 的創始人安德魯·泰勒·斯蒂爾（Andrew Taylor Still）在其著作中明確定義了這個名稱：「我推論，骨（osteon）是探究苦難（pathos）原因的起點。」

Andrew Taylor Still, the founder of osteopathy, explicitly defined the name in his writings: “I reasoned that the bone, ‘osteon,’ was the starting point from which to ascertain the cause of suffering, ‘pathos.’”

他承認 Osteopathy 按字面的詞源是「骨」與「苦難」，但清楚說明 Osteopathy 絕不等於「骨病」。本質上，他是在說「從骨開始研究苦難」。

He acknowledged that the literal etymology is "bone" and "suffering", but explained clearly that osteopathy does not mean "bone disease". Essentially, he was saying "the study of suffering, beginning with the bone".

隨著時間推移，斯蒂爾對 Osteopathy 的定義在後人心中逐漸演變。他們根據他的教導與原則，進行更分析性的重新詮釋，指出：「pathos 意指『incoming impression』，如同『sympathy』、『empathy』或『telepathy』中的含義。」

Over time, Still’s definition of Osteopathy was reinterpreted more analytically, based on his

teachings and principles, stating: “pathos means an ‘incoming impression’, the same as in the words ‘sympathy,’ ‘empathy,’ or ‘telepathy.’”

這導致後來的理解為：「骨骼所產生與疾病、病因及治療相關的影響（incoming impression）」。最終由此衍生出：bone = 「結構」，pathos = 「可感知的印象」，翻譯為「結構感知學」。

This led to the understanding: “influence (incoming impression) of the bones in relation with disease, causation, and cure.” And finally, from this came: bone = “a structure”, pathos = “a perceivable impression”, which translated as 結構感知學.

近十年來，我個人曾在教學與執業中建議並使用「結構感知學」（jié gòu gǎn zhī xué, structural perception study）。我覺得這個名稱很有創意，也是一個很好的描述。然而，它逐漸偏離了「骨」，而「骨」正是 Osteopathy 無法卸下的身份標誌。經過更深的反思，我覺得這個名稱已偏離了原本。

For nearly a decade, I personally suggested and used 結構感知學 (jié gòu gǎn zhī xué, "structural perception study") in my teaching and practice. I found it creative, and a good description. However, it moved away from “bone,” which has become the inescapable identity of osteopathy. Upon deeper reflection, I feel this name had drifted from the original.

Osteopathy 能否在沒有名稱的情況下存在與蓬勃發展？
Can Osteopathy exist and flourish without a name?

沒有任何個人或組織承擔起命名的責任，去提出並確立恰當的中文名稱。我自己也沒有正式權威來作出這個決定，然而，總要有人站出來承擔這份責任。經過長時間的思考與審慎考量——與同行治療師及醫師諮詢、回顧斯蒂爾本人的話語，並權衡中文的語言與文化脈絡——我認為現在是提出這個名稱的時刻。

No single person or organization has taken responsibility to propose and establish a proper Chinese name. I myself have no official authority to make this decision either, however the time has come for somebody to stand up and bear the burden of responsibility. After much thought and careful consideration—consulting with fellow therapists and physicians, reflecting on Still's own words, and weighing the linguistic and cultural context of Chinese—I believe the time has come to propose one.

因此，我宣布我對 Osteopathy 的中文名稱建議為「骨體感醫學」。

I am therefore announcing 骨體感醫學 (gǔ tǐ gǎn yī xué) as my proposed Chinese name for osteopathy.

- 骨 保留了 Osteopathy 「身份」不可或缺的核心。
- 骨 preserves the non-negotiable “identity” of osteopathy.
- 體 強調「整個活體/形體」，這也是 Osteopathy 的定義。
- 體 emphasizes the whole living body/form, which defines osteopathy.

- 感 帶入體感知覺與具身感知的技巧——感受並回應活體/形體的 incoming impressions (pathos) 與表達，這正是 Osteopathy 的特質（同時也是為了中文語言平衡而必要的補充）。
- 感 brings in somatic perception and embodied sensing—the art of feeling and responding to the incoming impressions and expressions of the living form, which characterizes osteopathy.
- 醫學 將其定位為一個合法的醫學學科與治療體系，符合 Osteopathy 作為一門醫學的地位。
- 醫學 positions it as a legitimate medical discipline and system of healing, true to osteopathy's status as a school of medicine.

骨體感醫學 並不屬於我個人，也不屬於我所有。它是為了整個 osteopathy 專業而提出的。我誠摯希望所有 osteopaths、治療師、醫師、學生，以及任何談論 osteopathy 的人，都能完全自由地使用這個名稱，而不帶有任何與我相關的連結或義務。

I want to be very clear: the name **骨體感醫學** does not belong to me. I am proposing it as a service to the profession, so that osteopathy can finally have a clear, fitting identity and recognition in the Chinese-speaking world. I sincerely hope that other osteopaths, therapists, physicians, educators, and advocates will adopt it, use it, suggest it, and help popularize it. Importantly, using **骨體感醫學** carries no implication of any connection or association with me—everyone is completely free to use it as they see fit.

我堅信這個名稱忠於 Osteopathy 的本身、特質與定義，並與斯蒂爾的願景一致。它包容寬廣、富有意義，並尊重 Osteopathy 的整個譜系。

I firmly believe this name stays faithful to the identity, character, and definition of Osteopathy, and aligns with Still's vision. It is inclusive, meaningful, and respectful of the full spectrum of osteopathy.

「**骨體感醫學**」將繼續與「**結構感知學**」保持連結與兼容——那是早期由我推廣的名稱，至今仍該珍視其描述力。兩者可以共存，作為同一哲學的互補表達。

骨體感醫學 will remain linked to and compatible with **結構感知學**—the earlier term I popularized and still value for its descriptive power. They can coexist as complementary expressions of the same philosophy.

當然，這並非官方宣告——我沒有權力強制執行。但既然長期以來無人站出來填補這個空缺，我謹以「**骨體感醫學**」提出一個真誠、經過深思熟慮的建議，希望它能激發討論，在執業者之間獲得認同，並最終有助於更廣泛的認可——無論是透過專業協會、教育機構，或與未來的國際標準對齊。

Of course, this is not an official declaration—I have no power to enforce it. But since no one else has stepped forward to address this longstanding gap, I offer **骨體感醫學** as a sincere, carefully considered proposal. My hope is that it will spark discussion, gain traction among practitioners, and eventually contribute toward broader recognition—whether through professional associations, educational institutions, or future international alignment.

我歡迎大家的意見、回饋、贊同、不同意或建議。感謝您以開放的心閱讀這封信。我期待聽到您的聲音。

I welcome your thoughts, feedback, agreements, disagreements, or suggestions. Thank you for reading this with an open mind. I look forward to hearing from you.

謹致敬意與感謝

With gratitude and respect,

羅君博 Paul Roberts

香港現代骨體感醫學學院創辦人

Founder, Hong Kong School of Modern Osteopathy