

International Conference and Expo on Novel Physiotherapies

August 17-19, 2015 Chicago, Illinois, USA

Adapted reflextherapy in spinal pain including whiplash

Gunnel A L Berry

The Christie NHS Foundation Trust Manchester, UK

One in three adults in the US suffers from chronic pain. The annual burden in economic terms was \$635 bn in 2011 for medical treatments and lost productivity. Adolescents who suffer from chronic pain are at social risk as they miss out on leisure activities and friendships. 20% of all whiplash injured persons end up with chronic pain displaying widespread sensory hypersensitivity in addition to signs of posttraumatic reactions. Considered a transferable therapy, Adapted Reflextherapy is a task-specific therapeutic intervention on the feet or hands, evolved, audited and researched by the author based on the rationale of reflexology in context of compromised neural plasticity and changes of qualitative, quantitative content in axonal flow post injury. Based on thousands of new patient intervention and treatment episodes over 18 years in private practice as well as within the National Health Service (UK), clinical outcomes indicate a strong link between symptoms and outcomes from tactile peripheral sensory input. Albeit enigmatic, the paucity of alternative treatments means that Adapted Reflextherapy offers, with neurophysiological reasoning, an opportunity for change in a population of patients who *hitherto* continue to suffer. The presentation offers an explanation of pain production, case studies and a brief explanation of the treatment techniques in context of deceleration mechanisms.

Biography

Gunnel A L Berry, of Swedish descent, became a member of the Chartered Society of Physiotherapy in the UK having completed her training at the Middlesex Hospital London in 1974. She completed an MSc degree in Advanced Physiotherapy in 1995 at University College London. Having worked in Sweden, Great Britain and Borneo, she trained as a reflexologist in 1989 at the Bayly School of Reflexology. In 1999, she participated in an audit to assess the clinical role of physiotherapy with extended scope in a GP practice. She runs courses in Adapted Reflextherapy and has presented and published papers on the subject at the World Physical Therapy Congress in Barcelona, Physiotherapy Conferences Birmingham UK and in *The Journal of Complementary Therapies in Clinical Practice* amongst others. Although retired from clinical practice she is the Educational Officer of the Association of Chartered Physiotherapists in Reflex Therapy, a Professional Network recognized by the Chartered Society of Physiotherapy.

gunnel.berry1@gmail.com

Notes: