

International Conference and Expo on

Novel Physiotherapies

August 17-19, 2015 Chicago, Illinois, USA



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Manual therapy for low back pain: Unraveling the mechanical enigma

The development of bipedal plantigrade progression is a purely human accomplishment. We share two-legged locomotion with some flightless birds, such as the ostrich, and an arched plantigrade foot with the bear. It is this orthograde position primarily responsible for the enigma called Low Back Pain. Eighty per cent of the population suffers a disabling episode of low back pain at least once during their lives and at any one time 35% will be suffering from low back pain. Manual Therapy Techniques are very useful for the treatment of Disc Prolapse, Facet Syndrome, Muscular Assymetry, Sacroiliac Joint involvement and Piriformis syndrome. In Disc prolapse for effective prognosis and treatment the centralization phenomenon is very important. The useful techniques are 1) Manipulation Extension (Cyriax) 2) Dallison Technique for Lateral Shift Correction 3) Springing Technique. In facet syndrome, manipulation therapy is believed to solve the problem by separating the apposed articular cartilages and releasing the trapped apex. The sacroiliac joint (SIJ) has been implicated as the primary pain source in 10% to 25% of the patients with low back pain. The innominate dysfunctions (up slip, anterior rotation and out flare) give rise to SIJ pain. Correcting the position of innominate helps in amelioration of pain associated with the Sacroiliac Joint. In the workshop the techniques will be covered and practiced in detail.

Biography

Umasankar Mohanty, BPT (Hons.), MPT (Manual Therapy), SRP (London), MISEP, MIAP, FAGE, PhD is the founder and President of Manual Therapy Foundation of India®. He is the Elected President of The Indian Association of Physiotherapists. He has completed his Bachelor's degree in Physiotherapy from SVNIRTAR, Cuttack, India in 1998 and completed Master's in Manipulative Therapy from Manipal College of Allied Health Sciences, Manipal in 2001. He has completed his PhD from Mangalore University from the Dept. of Physical Education and Sports in 2012. He has 32 publications in international reputed journals and magazines. He has one million visitors in Youtube for his manual therapy videos. He is author of the book titled "Manual Therapy of the Pelvic Complex, A Compendium of Illustrated Manual Therapy Techniques". He is an international acclaimed Manual Therapy teacher and has trained 12,536 physiotherapists across the globe. He is a PhD guide at Lovely Professional University, India.

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