

International Conference and Expo on

Novel Physiotherapies

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Adapted reflextherapy in spinal pain

Adapted Reflextherapy, AdRx, has been used as a method of treatment to relieve acute and persistent musculo-skeletal pain for 20 years in the National Health Service physiotherapy department and private practice in the United Kingdom. The therapy is applied with manual pressure and mobilising techniques on the feet in order to assist physiological and anatomical changes in context of persistent musculoskeletal pain particularly post injury. This workshop follows on from the plenary presentation and will demonstrate five AdRx treatment techniques on a volunteer. Whilst AdRx is mainly used to relieve pain it also has influence on spinal and peripheral mobility. Clinical measures will be used to assess changes pre- and post-intervention. Working in pairs, the participants will be given an opportunity to try out a very basic technique, should they wish to do so. Emphasis is made on the rationale of possible physiological changes and safe, yet effective, practice.

Biography

Gunnel A L Berry, of Swedish decent, became member of the Chartered Society of Physiotherapy in the UK having completed training at the Middlesex Hospital London in 1974. She completed an MSc degree in Advanced Physiotherapy in 1995 at the University College London. Having worked in Sweden, UK and Borneo she completed a reflexology training at the Bayly School of Reflexology in 1989. In 1999 she participated in an audit to assess physiotherapy services in a General Practitioners practice. She has developed and runs courses in concepts and clinical application of Adapted Reflextherapy in spinal pain issues. She has presented papers at the World Physical Therapy Congress in Barcelona, Physiotherapy Conferences in Birmingham UK and published in the *Journal of Complementary Therapies in Clinical Practice* amongst others. Although retired from her clinical practice she remains the Educational Officer of the Association of Chartered Physiotherapists in Reflex Therapy, ACPIRT.

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