

WORLD PHYSIOTHERAPISTS & PHYSICIANS SUMMIT

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Association of Reflexologists, UK

Whiplash injury: Science and clinical practice, can we bridge the gap?

A whiplash injury commonly occurs at a high or low velocity motor-vehicle accident with an un-expectant occupant subjected to acceleration and deceleration G-forces with physiological, neuroplastic and pathological consequences. Victims of whiplash injury complain of multisite and variable pain during or after an accident. Although the cervical spine is most commonly affected thoracic and lumbar spines should be included as sources of pain. Biopsychosocial therapy has been found to reduce central nervous system hyperexcitability in chronic pain patients. Extensive investigations to understand pain has been carried out. Attempt to apply modern neuroscience in clinical practice and Worsfold offers interventions to rehabilitate whiplash injury patients. Founded on the principle of counter-irritability of neuroplastic activity adapted reflex therapy has been found to alter subjective and objective whiplash symptoms. This presentation introduces a hypothesis supporting a practical application which may offer clinical value in treatment of whiplash injury patients.

Biography

Gunnel Berry is a Member of the Chartered Society of Physiotherapy in the UK and has completed her Master's degree in Advanced Physiotherapy from the UCL London. She has then qualified as a Reflexologist. As a Clinical Specialist in pain, she developed adapted reflex therapy as a concept and treatment for patients in pain. Although retired from clinical practice, she maintains a role as an Educational Officer of the Association of Chartered Physiotherapists in Reflex Therapy and has recently published a book, "Adapted Reflextherapy: An Approach to Pain".

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