

WORLD PHYSIOTHERAPISTS & PHYSICIANS SUMMIT

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Gunnel A L Berry

Association of Reflexologists, UK

Adapted reflex therapy in spinal pain: Workshop

Adapted reflextherapy, AdRx, has been used by the author as a physiotherapy treatment in the National Health Service (UK) and Private Practice to relieve acute and persistent musculoskeletal pain for over 20 years. The therapy is applied with manual pressure and mobilizing techniques on the feet to assist physiological and anatomical changes in context of persistent global musculoskeletal pain. While AdRx facilitates pain relief it has also been found to improve spine mobility and improve quality of life. AdRx is founded on practice based evidence using clinical measures to assess changes pre and post intervention. Emphasis is made on the rationale of neuro-physiological plasticity within cautious and safe practice. This workshop demonstrates AdRx including clinical reasoning of the hypothesis underpinning the technique.

Biography

Gunnel A L Berry is the Member of the Chartered Society of Physiotherapy in the United Kingdom and had completed her training at the Middlesex Hospital London in 1974. She has completed her MSc degree in Advanced Physiotherapy at the University College London in 1995 and a Post Graduate Certificate in Research Methodology at University of Brighton, UK in 2006. She has completed her Reflexology training at the Bayly School of Reflexology in 1989. She has published papers in various journals, worked with Nova publication and recently self-published a book about AdRx containing numerous case studies. Although retired from her clinical practice she remains the Research and Educational Officer for the Health Professionals in Reflex Therapy, UK.

gunnel.berry1@gmail.com

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