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The use of hypnosis in physiotherapy and in rehabilitation

Hypnosis, ancient technique as man, is coming back strongly as ever in numerous fields of medicine. Indeed, many medical conditions can be successfully treated with this technique, and the numerous scientific evidences confirm this. Among the many diseases treated with success, some are classical competence of the physiotherapist, as pain of a different kind, origin and degree, from headaches to back pain, from cancer pain to pediatric, from acute pain to chronic pain. It is possible to reduce the recovering time after injuries and after surgery. But the field of application of hypnosis in rehabilitation does not stop here. In fact, using this strategy, it is possible to intervene on the motor image reconstruction in the patient and in sports, it is also possible to work on the inner image in neurological disorders and it is strongly possible to influence the motivation behind the therapeutic process.

Biography

Giancarlo Russo is a Physical Therapist who specialized in Vojta technique, in Karel Lewit's Functional Approach and in Clinical Hypnosis. He has experience working with members of the National Judo Team as well as elite Soccer player in professional teams in Italy. He also has studied intensively under the great Dr. Karel Lewit in the final years of his life. His experience in hypnosis, lasts more than 20 years. He is Certified Hypnotherapist (GB and USA) and he is the first Physical Therapist teaching hypnosis applied to rehab worldwide.

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