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A critical analysis of the current ideas on low back pain management and treatment: A novel view on discal pathology

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80% of the population develops low back pain, disabling them for more than two weeks of their work, in the course of their life. For decades physiotherapists are treating these patients with variable success. Therapies are mainly based on stabilising the spine and preventing compressional forces to the intervertebral discs. Most of the current therapies have a common basis; the patients spine should be relieved of physical stress especially in forms of shocks and lumbar spinal flexion should be prevented at all cost. Loading of the spine is to be prevented and core stabilizing exercises are the essence of most of the physical therapy approaches. Although these therapies are very commonly accepted as the standard of good spinal rehab, literature does not support the fact that they are efficient in low back pain patients including discal pathology patients. Tim Daelemans went on a basic critical analysis of these foundations of spinal rehab in his quest to find a more effective treatment. The result of years of research led to the conclusion that the basic ideas are rather outdated and this is the main reason why current spinal rehab approaches have very inconsistent results. He is now researching a novel model of biochemical pathogenesis of discal pathology rather than a biomechanical approach. Besides this, he will define his current insights on preventive and curative measures in low back pain management specifically in discal patients.

Biography

Tim Daelemans has studied Physiotherapy at University of Leuven in Belgium. He completed his Graduation at Flanders International College of Osteopathy and MSc in Osteopathy at University of Dresden. Currently, he is the Director of the Osteopathy Academy FICO in Antwerp (Belgium), Warsaw (Poland) and Krakow (Poland). He is the Head of the Scientific Research department and teaches at the academy. He is also an international Post-graduate Teacher on manipulation techniques and on discal pathology and semiology.

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