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The LIFT method: Ligament influenced fascial technique

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Creating muscle and fascial function via ligament stimulation was inspired from the Logan Basic Technique, developed by Hugh B. Logan in the early 1900's. The Logan Basic utilizes directional pressure to the sacrotuberous ligament, reducing hypertonicity in the para-spinal musculature. This technique is still widely used within the chiropractic community. Until recently, medical science had regarded the primary role of the ligament system as tissue that attached bone to bone. We now know that the ligaments and fascia do so much more. Scientists, specializing in fascial research, show that the ligament system contributes proprioceptive information to the nervous and fascial systems and those ligaments have ten times the mechanoreceptor feedback to the brain than the muscles. New information shows ligaments contain Ruffini Corpuscles and free nerve endings, all of which supply the brain with information. The fascia and CNS use the ligaments to monitor and influence muscular tonicity and function. Once the fascial tensions are reset with ligament stimulation, neuromuscular function testing lets the practitioner know what and where the system is not functioning correctly. The tests are ingenious in that they help systematically break down the often complex myofascial lines / meridians. With fascial length and muscle function testing, therapists can see what part of a fascial line is restrictive by taking away all compensation patterns. If a muscle is just "released" but is not functioning neurologically, the aberrant tension patterns will return. With extensive research, The L.I.F.T. Method: Ligament Influenced Fascial Technique was developed. A vast background of methodology such as neuromuscular reeducation techniques, Pilate's principles, fascial tensegrity and function, myofascial testing, muscle testing at end range for neurological feedback has all contributed to the evolutionary L.I.F.T. Method. This approach not only restores fascial length, but restores the muscle's ability to function on demand by addressing the fascial component of muscle structure. LIFT testing and treatment provides measurable pre and post treatment proof of the positive changes produced. The neuromuscular reeducation while utilizing the ligaments creates tensegrity change that lasts! LIFT brings all of these concepts together allowing the therapist to treat patients quickly and effectively. LIFT, an extremely gently manual therapy technique even effects the autonomic systems allowing the parasympathetic system to restore relaxation.

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Evidence based role of taping in physiotherapy

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The Kinesio taping method is a definitive rehabilitative technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion as well as providing soft tissue manipulation to prolong the benefits of manual therapy administered with clinical settings. Its latex free, non-allergic, water proof and can be applied pediatric to geriatric. Successfully treats a variety of orthopedic, neuro-muscular, neurological and other medical conditions.

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