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**James Stoxen**

Team Doctors Treatment Center, USA

## The integrated spring-mass model approach to treating thoracic outlet syndrome

The utilization of Hand-Held Devices (HHD), for example, cell phones, tablets, convenient media players have expanded drastically in past decade. This drastic change has led to new batch of difficult to treat, musculoskeletal disorders of the upper extremities such as myofascial pain syndrome of neck and upper back and thoracic outlet syndrome. The thoracic outlet anatomy and how the bundle passes through the passageway is complex for even musculoskeletal experts. So, for doctors trained in other specialties there can be an inadequate understanding about nature and cause of thoracic outlet syndrome. A syndrome rather than a disease, the Mayo Clinic, Cleveland Clinic and the National Institute of Neurological Disorders and Stroke, plus top 10 ranked hospitals for neurology and neurosurgery agree persistent compression of nerves, arteries and veins traveling through the thoracic outlet is what leads to thoracic outlet syndrome. There are three models of human movement the inverted pendulum model, the spring-mass model and the Integrated Spring-Mass Model (ISMM). The (ISMM) which integrates the spring suspension systems of the foot and shoulder region as well as the torsion spring of the spine and the mass, the head. Clinical findings show compressive disorders like TOS and herniated discs are merely an over control of tension on the human spring mechanism leading to these syndromes. This study gives us a brief review of the symptoms and their patterns, the common orthopedic tests, and diagnostic tests, the 16 different common conservative therapies and the 10 reasons for when surgery is medically necessary. There has been an alternative treatment for this disorder based on the integrated spring mass model.

### Biography

Dr. James Stoxen has his honors in FSSEMM and FWSSEM. He is the President of Masters Academy Publishing Chicago Inc since 2015. He has finished his Bachelors in Human Biologic Sciences from National College of Chiropractic. He has been appointed to be part of the Global Advisory Board, The International Sports Hall of Fame. Dr Stoxen has been invited to speak at over 65 medical conferences for over 50,000 doctors and scientists in China, Japan, UK, Germany, Monaco, Malaysia, Indonesia, Russia, Australia, Thailand, Mexico, Columbia, South Africa, Scotland, India, Ireland, UAE, Portugal, Brazil, Italy and throughout the United States. Masters Academy Publishing will publish its first book entitled, Neck Pain, Upper Back Pain and Shoulder Pain, Could it be Thoracic Outlet Syndrome? By Dr James Stoxen DC, It is a 700 page fully referenced self-help book on the earliest detection, intervention and prevention of thoracic outlet syndrome based on the integrated spring-mass model and human spring approach to care.

[teamdoctors@aol.com](mailto:teamdoctors@aol.com)

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