



Jim Lohse <jimjlohse@gmail.com>

Question

Neil Crowley <posturedoc@aol.com>
To: Jim Lohse <jimjlohse@gmail.com>

Thu, Sep 29, 2016 at 2:14 PM

Hi Jim,

Sorry I didn't reply to your voice message. I meant to, but delay turned into forgetfulness, a hazard of procrastination. You are correct(ish) about trigger point therapy, or ischemic therapy. You do cut off blood flow for a period of time, ideally more than one minute and until the patient is desensitized to the pain they initially feel when the tissue is compressed. What follows is a reflexive increase in blood flow to the tissues starved of blood (and oxygen) due to the compression. This helps relieve pain and restore normal blood flow once the period of increased blood flow subsides. You can get this effect at less than one minute, but according to the scientific literature, it is reduced in strength.

Jim, there are so many I studies supporting the correlation between abnormal spinal curves (in your example, loss of the normal cervical curve) and symptoms, it is inexcusable for health care providers to maintain that loss of the cervical curve is not a major source of neck pain. Yet there remain plenty of folks who will argue that position, though support for this idea in the peer-reviewed literature is not very good. In your PT's defense, you certainly can have loss of the normal neck curve without experiencing pain for periods of time, even long periods of time, but many studies comparing groups with normal curve, loss of curve and a control group show a greatly increased incidence of pain with the lost curve group. I could go on. Here is the website for CBP nonprofit cbpnonprofit.com. On this site you will find a list of all of CBP's research, including many different studies and/or reviews of abnormal neck structure and it's effects on those who suffer from it. You will also see studies on correcting it with CBP methods. All of these studies have lengthy bibliographies from which the interested reader can find many, many other studies supporting the notion of abnormal neck curves being associated with neck pain (as well as a host of other conditions). From that list, which is under the "Publications" tab on that site, look for the following studies. Many others have information your PT could find good information from, but these are probably the easiest to read and find relevant information in.

#2

#6

#7

#117

#131

And under the Letters to Indexed Journal Editors section:

#27

#34

Finally, under the "News" tab you will find a list of links. The first three links are particularly relevant to this discussion. The first two direct the reader to newly published studies on neck curve correction and the third, titled "Abnormal Neck Curvatures are 18 times More Common in Chronic Neck Pain Subjects Compared to Non-pain Persons" is exactly what you're asking for. While it's not a peer-reviewed article, it summarizes the correlation between abnormal neck curves and symptoms and the bibliography includes several peer-reviewed papers/studies that make that connection.

Hope all is well with you. Things are great with me, though I do miss helping people with their abnormal spinal structure and poor posture.

Neil

Sent from my iPad

[Quoted text hidden]