

# RELEVANCES TO CLINICAL PRACTICE .



In the world of musculoskeletal practice, it is standard to focus on major structural distortions, debilitating pain, and restrictions in range in motion.

A practitioner will look at the outward rotated hip, the fixated vertebra, "subluxation", the hyper mobile sacroiliac joint, the elevated shoulder, the tight hamstring, or weak quadriceps and attempt to correct them. But when the dysfunction remains, after intensive and sometimes invasive treatment, it will be classify as idiopathic, meaning the problem is of unknown origin.

Practitioners are now, in larger scale, favoring the biopsychosocial model in the care of patients, which relates to the interrelation of social factors and individuals thought and behaviour.

## THE PROBLEM.

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It cost the danish society in excess of kr 17,5 billion every year, in lost production, sickness benefit and invalidity pension.

So the danish national health service strategy, is to developing treatment centers, that each have the capacity to cope with around 275 patients each year. It is estimated that there are in excess of 300000 patients, "diagnosed" with idiopathic or so called functional conditions. Those patients are not able to function, work or even have a normal social life.

The treatment program, on offer, will mainly consist of physical exercise and psychological counseling.

Doesn't sound like much fun.

As we know that a vital part of the controlling system of the neuromuscular system, is that immediate action can be taken, if the muscles, tendons or joints are exposed to extreme forces. Such as in an accident, fall, bad twist, overloading or bad habits.

The action taken in such circumstances is inhibitory, and can therefore weaken a muscle. If the reflex arc/mechanoreceptor doesn't reset itself, after the overloading forces has subsided, we have a problem.

A weakened muscle around a joint will minimise function in the affected area and thereby over exerting the workload on surrounding muscles, tendons, bursae, ligaments and even the articular cartilages of joints. A reason for aches and pains.

We understand that unless we identify the protective reflex arcs, the symptoms will remain.

By identifying the weakend muscle, we can through the above Reflex arc, find the reason for your problem and why you have aches and pain and loss of function,