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Evaluation of new treatment about sacral torsion: Joint energy technique (JET)

Introduction: Sacroiliac joint dysfunction (SIJD) is a significant cause of low back pain (LBP). SIJD is presumed to be due to biomechanical disorders and often presents with pelvic asymmetry causing pain and dysfunction. Muscle Energy Technique (MET) is utilized to correct pelvic asymmetry, inhibit pain, and improve disability in SIJD. But sometimes the patient in SIJD is in too much pain to contract a muscle or may be unable to cooperate with instructions or positioning. Moreover there are patients unable to be cooperative due to age, intellectual capacity during sacral MET. Thus this study introduces the new treatment of Joint Energy Technique (JET) to easily apply for SIJD relatively regardless of a patient's condition. A new concept of JET in SIJD is proposed to solve the difficulties, which is simple and easy to apply to practice.

Purpose/Aim: The aim of this study was to investigate whether the rotational direction of innominate altered after JET on sacral torsion problem in comparison with JET on neutral position and to confirm biomechanical recover of sacral torsion.

Methods: The 80 subjects in age group of 15-68 years with LPB were randomly assigned and confirmed as Left on left (LOL) sacral torsion with Seated flexion test and Stork test in right SIJ with ipsilateral foot pronation. The subjects were divided into two groups of 40 subjects. The first group (A) was given JET to recover LOL sacral torsion. In case of LOL sacral torsion, the sacral position is sidebent right, rotated left and right sacral base is anteriorly nutated. Thus the preparatory position of JET is the right lateral recumbent position with lumbar rotation to the left like MET. JET is performed by patient's passive movement and practitioner's active effort instead of patient's isometric contraction such as MET. The second group(B) was given simply the preparatory posture of JET on neutral position for correction of LOL sacral torsion. Group (B) was not given the rotation correction by the practitioner's force. After each JET, the subjects were confirmed with the change of Stork test in the right SIJ.

Results: This study revealed that there was statistically significant difference ($P < 0.001$) in pre and post treatment of JET between both groups. The Stork test was changed from positive to negative in 37 subjects of group (A). In group (B), 6 subjects were changed from positive to negative.

Conclusion: A new concept of JET is simple and easy to apply to practice in the treatment of patients with SIJD. This trial is revealed that JET is significantly effective in correction of SIJD and sacral torsion. JET should be considered as an adjunctive intervention in SIJD treatment.

Biography

Seonghyung Cho graduated from the College of Medicine, Chosun University for MD in 1999 and then graduated from the College of Oriental Medicine, Daejeon University for OMD. Currently, he has active clinical practice as pain specialist in Joint & Spine Clinic Center, Gwangju, Korea with specialty in the use of manipulative therapy and biomechanical acupuncture for musculoskeletal problems. He has published 5 books about musculoskeletal pain and delivered numerous seminars introducing the diagnosis and treatment of musculoskeletal pain. He devised his concepts; Functional Orthopedic Stimulation Therapy (FOST) including Joint Energy Technique (JET), Shoulder Capsular Approach, Biomechanical Neural Mobilization, Biomechanical Acupuncture, etc.

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