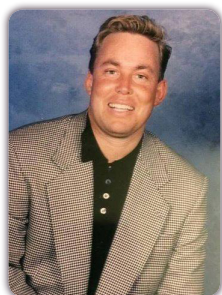


# WORLD PHYSICAL MEDICINE AND REHABILITATION CONFERENCE

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## *James Stoxen*

*Team Doctors, USA*

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

The use of Hand Held Devices (HHD) such as mobile phones, game controls, tablets, portable media players and personal digital assistants have increased dramatically 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. Three models of human movement, the inverted pendulum model, the spring-mass model and the integrated spring-mass model (ISMM) were discussed. The ISMM model, 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. I will discuss my 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. I will give 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. I will discuss an alternative treatment for this disorder based on the integrated spring mass model.

### **Biography**

James Stoxen, D.C. (Video Bio), owns and operates Team Doctors Chiropractic Treatment and Training Center. Team Doctors is one of the first care centers in the world to combine chiropractic care, therapy, active rehabilitation and strength training for world class athletes in a private rehab training center for competitions. Dr. Stoxen also provides "on-site" chiropractic care and anti-aging consultation and care to numerous top celebrity entertainers all over the world

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