

ADAPTED REFLEX THERAPY IN MUSCULOSKELETAL PAIN STATES

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Adapted reflex therapy (AdRx) is a method of treatment used in acute and chronic pain states in context of musculoskeletal pain as seen in physiotherapy departments. AdRx has been developed by the author during two decades of working as a physiotherapy clinician and clinical pain specialist. The therapy is akin to orthodox reflexology but has a task specific aim to maintain continuous pressure on selected areas on the feet (or hands) which relate to spinal and neural components and compromise. AdRx offers a clinical rationale based on changes within neural plasticity and the effect on the autonomic nerve chain following injury. It is hypothesized that by touching nerve endings at the end of a limb, an action potential arises which accesses into the nervous system reaching higher centres affecting changes in quantity and quality of peptides. There is no predictable therapy that will facilitate changes in chronic pain, however, AdRx, has been shown to be transferable and offers a novel approach to musculo-skeletal pain

Biography

Gunnel A L Berry has qualified as a Chartered Physiotherapist in 1974 and completed a MSc in Advanced Physiotherapy in 1995. Adapted reflex therapy (AdRx) was developed from reflexology but with high specificity of application. The hypothesis is based on neurophysiological events after injury and compromise of neural plasticity. It is used to treat patients with variable musculo-skeletal pain and has been used in NHS and private practice. It is a transferable treatment where over 800 students have attended courses. It has been particularly useful in patients with whiplash injuries incurring hyperalgesia and hyperirritability. There are identified contraindications. She has presented papers and run courses in the UK and abroad in China, Australia, Greece and USA. A self-published book in 2017 describes case studies and clinical reasoning to treat musculo-skeletal pain including chronic pain. She has published part of books with NOVA publishers including the effect of whiplash injury.

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