

BACK PAIN, STRESS AND INFLAMMATION: PSYCHONEUROENDOCRINE IMMUNOLOGICAL INTERPRETATION AND NEW PROPOSALS IN REHABILITATION, THE MAIT METHOD

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It is easy to understand from the statistics, back pain is an extremely common disorder (about 75-80% of the population suffers or has suffered from it) and the trend seems to be increasing. This leads to a number of societal challenges: increased days off from work; increased expenditure on health care; increased consumption of drugs; increased per capita expenditure and increased risk of side-effects. It is clear that the money spent on medicines has increased steadily over the last 25 years and NSAIDs play a major role in this. Please note that at least 15% of people taking NSAIDs exceed the maximum permissible dose and are at risk of serious side effects. Analyzing ISTAT statistics on Italian health research, 39% of those interviewed had recourse to drugs in the last two days before the interviews. The overweight population is steadily increasing, including the pediatric age. The prevalence of diabetes, osteoporosis, chronic and autoimmune diseases is also increasing. Population is more sedentary. Unfortunately, this is a European trend. Parallel to worsen health condition, 16% of European employees feel stressed every day, according to data from a recent study by ADP, the workforce view in Europe 2018. The situation becomes even worse if we consider female workers or workers in the health sector, reaching peaks of 20%. Could there be a correlation between these data? We believe so, because stress, physical, behavioural or psychic, produces inflammation, giving rise to possible symptoms, even structural. For this reason, we believe that it is useful to propose complementary approaches to intervention.

Biography

Paolo Flocco has completed Graduation in Physiotherapy from the University of Rome La Sapienza with the highest marks. After various work experiences and different courses, he enrolled at CERDO, one of the most prestigious schools of osteopathy in Italy and after six years of training, he became Osteopathologist. For several years, he has been working as a professional and dealing with study and research. He writes in national journals and blogs of scientific popularization. He is also an international Lecturer and Member of the scientific committee of a Post-graduate training company for physiotherapists in Italy. He is the Founder of MAIT, a new approach to manual medicine.

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