

Clinical application about the Lumbo Pelvic Hip Complex (LPHC) by using sacral Joint Energy Technique (JET)

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The LPHC plays a key role in distributing load and maintaining stability during movement and changes in external demands. The primary function of the LPHC is to allow the transfer of forces safely from lower to upper body in order to allow complex movement, without injury, and whilst facilitating efficient respiratory function. A dysfunction of the LPHC and failure to transfer these loads lead to disability and pain. The impaired LPHC causes dysfunction of bones, joints, muscles and nerves in the area interdependently. This workshop focuses on the role of patho-biomechanics about the joint malalignment of the LPHC in causing dysfunction and LBP. Dr. Cho's LPHC approach is as follows, 1. Biomechanical therapy of Pelvic girdle: Sacral JET – Approach of Descending Postural Distortion Pattern. 2. Biomechanical therapy of Lumbar spine: Active Lumbar Extension (ALE: Stable situation), Shift Correction (Unstable situation). 3. Biomechanical therapy of Hip joint: Hip Internal Rotation Mobilization – Approach of Ascending Postural Distortion Pattern. Through this new method of treatment, all types of practitioners who use manual therapy as their main treatment modality can benefit from ease of its application and consistency of its effectiveness. Evidence for the efficacy of this approach is growing although clinical trial

comparing this to other manual therapy is required.

Biography

Myeong-Sam Yang, MD graduated from the College of Oriental Medicine, Kyunghee University for OMD in 2005. In 2016, he has published a book called "Shoulder Treatment ABC which I can Understand" with Dr. Sung-Hyung Cho. He is currently working at Hanam Kyunghee Oriental Clinic.

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