

Seonghyung Cho, Allied J Med Res 2017



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New treatment about sacral torsion: Joint Energy Technique (JET)

Muscle Energy Technique (MET) is utilized to correct pelvic asymmetry, inhibit pain, and improve disability in Sacroiliac joint dysfunction (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. 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. The 80 subjects in age group of 15-68 years with low back pain were randomly assigned and confirmed as Left on Left (LOL) sacral torsion with seated flexion test, Faber test and Stork test in right SIJ with ipsilateral pronated foot. This study revealed that there was a statistically significant ($P < 0.001$) difference 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. 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, MD, OMD graduated from the College of Medicine, Chosun University for MD in 1999 and then graduated from the College of Oriental Medicine, Daejun University for OMD. He has published 5 books about musculoskeletal pain and delivered numerous seminars introducing the diagnosis and treatment of musculoskeletal pain. He has devised concepts: Functional Orthopedic Stimulation Therapy (FOST) including Joint Energy Technique (JET), shoulder capsular approach, biomechanical neural mobilization, Biomechanical acupuncture, etc.

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