Notes for Discussion on Back Aches

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1st 1/2 Pose Backaches as Problems JUST THINK
2nd 1/2 Best Easiest Permanent Cures

WHY I'M HERE - TELL STORY
Academy - Membership - No Youth - Not Interested
Double blind Manual - Diag - Treat - Reexam
Findings Dog All Different - All Subjective
"OST AN ART AS NOT A SCIENCE" SHOULD BE Scien:
Lack of Enthusiasm for OMT - No Proofs
No Research - Students - Faculty Confused

READ 3 Articles Xrays Objective 94% Adults Asymmetrical
on OMT
X-Ray advisability

BLACKBOARD

CAUSES Anomalies Unequal Legs Trauma Bone Degenity Fibrosis

Traditional
"CAUSES OF BACK ACHES" "DOZENS" "LOWE-TEAT- STRESS SHRAPN" "TREAT OF BACK ACHES" "SCORES" "EXERCISE CHIRO YOGI"
My: Surge, PT, Nurse Account Wear Magnets
ET AL

Xrays not from Bone Pathol Nor Disc (Usually) Stress
Nor Weak Muscles ET AL

Pains from Soft Tissues Muscle Fascia Tendons
Spasm & Edema from Weak Lics. Around
Asymmetrical Lents & Lewis & Fibrosis!
Ignoring Weak Lics. - Asymmetry from Fibrosis
Assure Perpetual Recurrence - STAYING
Future Mild Injuries "Manip Aspirin"
"Muscle Spastic Trying to Do Work of Ligament"

Review & Discuss Xrays y Patterns y References
or Make Subjective Palpitory - Visual Patterns

OST Concept Involves
Remarging NO Blood to
"ILS" Nutrients May Not
"FOOT OF CELLS" Optimally

4 TAKE THINGS OUT OF BODY - LESS PUTTING
STUFF IN.
SCLERO AFTER MECHANICAL STRUCT-EPID. EFFECT
IE [BALANCE SYMMETRY "NEUTRAL"]

"Sym Carrea" + BACK NECK PAINS (FIBROMYALGIA)

PRETEND "STRAIGHTENING" BALANCING SPINE [SYMMETRY]
USUALLY WORKS BUT: STOPS PROG, STRAIGHTENS SOME.
STOP TROUBLES [FROM RESTRICTIONS - REAL CAUSE]

LIFTS SHOP - HLP - FEET CHK FOR ORTHOTICS (PROVATION-PRESS
FIBROSIS THRUST SOFT TISSUES IN BACK ARMS & SHOULDER PULL
PROLAPSE DISSOLVE SCARS [CRISICO "Co-Weeke" "FIBROSIS RESEARCH"
RESEARCH MANCHESTER RHEUM. DISEASE CARE, STERLING
RESEARCH CENTER ET AL STRETCHING BONES RESULTS
"NECCESS TO LYSIB FIBROSIS MAY BE GREATEST
FORCE PERPETUATING BACKACHE"
"BOND OVER" ANGIOPLASTY, VEINAL + ESPRACAL DILATIONS
FIBROS STRETCH RENT ABS-KG. [EVEN CALCIUM ADSORB]
I.E. STRETCHES POINTED TO SHOULDER AREAS [CONCAVITIES
TO LENGTHEN MUSCLE TISSUE: NOT EXERCISE [SHOULDER]
LATERAL COMPONENT ONLY AREA NEEDING FORCE LATERAL
[ FLEX & EXT. CORRECT SELVES ALL DAY LONG
CORRECT LAT. COMB. & ALL REST SELF CORRECT
= "SELF ADJUST" & PAIN GOES TEMPORARY REALIGN [TOWARDS SYMMETRY
SP REHAB +
CONT. FORCES [TOWARD NEUTRAL BEFORE THRUST
D taco WORKING & SLEEPING HABITS [AFFECT SYMMETRIES
REHAB PAPERS
TOC BUMP" SUBJECT-BUMPER
STOP-1ST'1/2"
SCLERO [INJECTS] "PROLIFICATIVE SOLUTIONS"

**Actions**
- Proliferate fibrin - collagen via irritant ("any place")
- Inflammatory cascade & via growth hormone
- Fibrotherapy: scar removal to ligament structure
- Collagen: strongest substance possible (that nature has to allow motion even present)

"Moving fibrosis around" = Fibrolysis → Fibrotherapy (in bone)

- Ligaments can't be exercised like muscle
- No blood = white; no contrast: elements in name
- LIGS should be short raw hide - arc long skinny rubber bands et al.

- Weak backs aren't weak muscles
- Exercising muscle feel good [laco + edema]
- But shortens tissue you want to lengthen

"Hypermobility" can't often exert

Vert shock on "weak lig to hurt = muscle spasm"

Tendons hurt & active motion & effort against resistance to lig. hurt = long passive stretches

Both hurt to pressure

Best reasons to expect good sclero results in suspect areas

Tenderness [lig. tend. fascia] = Hypermobility [extremities]
- If no great benefit but doesn't hold, back support helps
- If narcotics or steroid relieved pain
- If sclero shot duplicates patient's complaint [briefly]
- If belt helps

**Injections**
- Plain dextrose (50%) or salt (50%) on (1:1) narcotic
- Add adrenalin (combats bleeding. can't be localized solution longer)
- Q-1 hr - Healing starts [fibron lay down (0)]
- Ice to inject area 15 mins
- Mada tet - Ethyl chloride
- Needles 1/2 - 2" (25g) 2 1/2" (21g)
- No NSAIDS - supports [back, anki. leg pain]

**Reactions**
- Sw back, ice, coke, aromatic spirits ammonia
- Amyl nitrate, adrenalin (p 814)