

## Case Study

Integrating BioSynchronistics into physical therapy treatment plans has resulted in a significant increase in improved patient outcomes and patient satisfaction particularly in those who have had long term impairments with no prior resolution. BioSynchronistics, as defined by its creators, is a manual therapy technique that employs a systematic approach to correct underlying malalignment and restore biomechanical equilibrium within the body. Subsequent results with regard to its effect on the central nervous system have not been studied but (one can) or (I) clearly observe changes in patients with regard to balance, proprioception, and over-all sense of well being after treatment.

BioSynchronistics seems to not only balance the biomechanical faults in the body but also improve coherence of the central nervous system. These findings can be supported with measurable outcomes. From an orthopedic perspective, the patient gains increased range of motion and strength as postural corrections are made and alignment achieved. Decrease in pain, change in muscle tone /fascial tension and improved balanced weight bearing status, all demonstrate the impact of this treatment on the central nervous system. The interface of both systems cannot be disregarded. In helping the CNS to regulate, the body is more receptive to addressing biomechanical corrections.

My practice treats women who present with pelvic pain. These women report significant changes in sense of well-being, self-confidence, and quality of life. Due to the intimate nature of this impairment, using this non-invasive approach, which can assist in regulation or coherence of the central nervous system, provides a strong foundation for a trusting relationship between patient and physical therapist. All of my patients who receive BioSynchronistics have a decrease in pain after first treatment. For some it lasts for several hours to a few days initially. With time, pain and biomechanical changes continue to improve as the underlying dysfunction is addressed in a systematic approach based on the differential diagnosis established during the initial evaluation and the symptoms the patient presents with

the day of treatment. For those patients who have experienced chronic pain and do not have a significant decrease in their symptoms initially, they do report a greater sense of well-being and are more likely to return for continued treatment. They verbalize feeling more hopeful that they can effectively address their impairment.

Integrating BioSynchronistics into my practice has established my clinic as highly skilled resource for patients with pelvic pain and orthopedic injuries. Patients have shared their successful outcomes both with family and friends, which have become the main source of our referrals and have ensured a robust daily schedule for all my clinicians. It has also built a sense of community among our patients as they return for subsequent physical therapy treatments, noting that they consider us part of their primary care team.

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