

FRI-K.201-1-HP-02

A CASE OF SCOLIOSIS IN A 20 YEAR- OLD WOMAN PERSON REPORTS HEADACHE, PANIC CRISIS AND SOME RARE BACK PAIN. PERSON WORE AN ORTHOPEDIC CORSET AT THE AGE OF 10 FOR A YEAR. TREATED WITH B.A.E. METHOD: CONTROLLED AFTER EIGHT MONTHS²

Tiziano Pacini

ul. D. Vatax, 30 -1510 Sofia,
Bulgaria Cell. +359878474304, +393355262723,
email: tizianopacini@gmail.com

Elisabetta De Juliis

via Mulinaccio,11 - 50032 Borgo San Lorenzo,
Italia Cell. +393356477583,
e-mail: elisadejuliis@gmail.com

Andrea Pacini

via Mulinaccio,11 - 50032 Borgo San Lorenzo,
Italia Cell. +393383856086,
email: pacioandre@gmail.com

Loredana Granata

via G. Verdi, 26, - 50066 San Clemente,
Reggello Italia Cell. +393881460207,
e-mail: loredanagranata28@gmail.com

***Abstract:** Scoliosis in a 20-year-old woman. She wore an orthopedic corset at the age of 10 for a year. Treated and checked with Biomechanic Anthropometric Ergonomic Method. She reports headache, panic crisis and some rare back pain. Method: person with negative results on classic rehabilitation for scoliosis treated with orthopedic corset with armpit supports for a year; she has been treated with Biomechanic Anthropometric Ergonomic Method for 8 months.*

***Keywords:** Posture, Biomechanical Anthropometric Ergonomic Method, scoliosis, headache, panic crisis, back pain.*

***JEL Codes:** I 10, I 20*

INTRODUCTION

The person is a 20-year-old woman; she reports headache and, rarely, back pain. She also reports uncontrollable panic crisis don't allow her passing school tests.

EXPOSITION

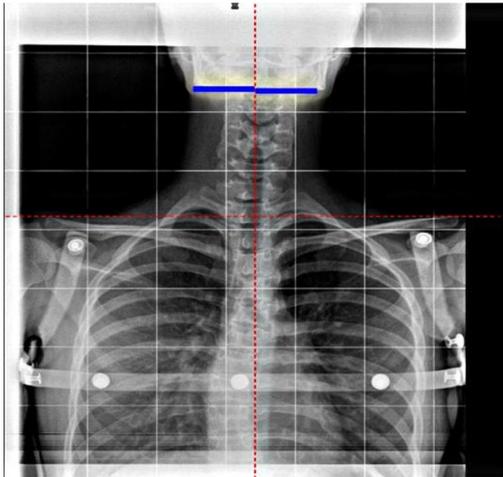
Front-back x-rays of the person while wearing an orthopedic corset on the torso-cervical part can be seen in picture 1. An obvious spine deviation in the lumbar and dorsal part of the back can be seen in picture 2. The trunk could not straighten the spine in any part and the head was out of center.

Materials and Methods:

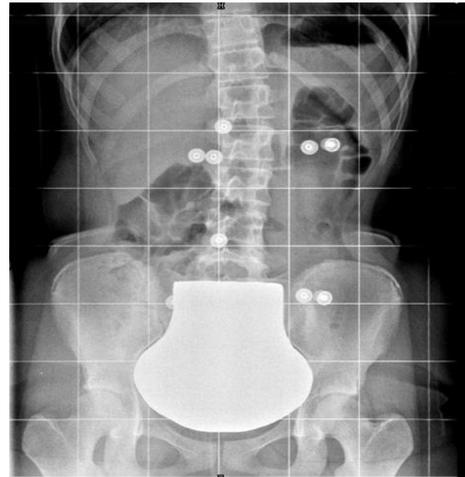
Baropodometre Footcheker Loran Eng., 2012

² The paper is presented of October 26, 2018 at the scientific conference RU & SU'18 in the Health Promotion section with the original title: „A CASE OF SCOLIOSIS IN A 20 YEAR- OLD WOMAN PERSON REPORTS HEADACHE, PANIC CRISIS AND SOME RARE BACK PAIN. PERSON WORE AN ORTHOPEDIC CORSET AT THE AGE OF 10 FOR A YEAR. TREATED WITH B.A.E. METHOD: CONTROLLED AFTER EIGHT MONTHS “.

B.A.E. Biomechanical Anthropometric Ergonomic Method



Pic. 1.



Pic. 2.

The entire head is moved towards the left part of the body and the right shoulder is moved back and lowered compared to its opposite.

The two images in picture 3 show the change in face symmetry as well as the shoulder position after the postural ergonomic treatment.



Pic. 3.

The left part of the face shows lesser tension and can be seen also from the position of the nose. The chin is better centered and the left shoulder realigned.

As can be seen in picture 4 – a lateral view of the face – a spontaneous back movement of the jaw and a spontaneous realignment of the skull due to the new antigravitational needs has been obtained in the eight-month period in which the person has worn the specific ergonomic interfaces of the B.A.E. Method.

As can be seen in Picture 4, the skull realignment is fundamental for the interaction between chewing action and endocrine system.

The backward position, which can be seen in the right-hand image, refers to after eight months' treatment, compared to the left image of picture 4, it shows a muscle work insisting on the 3 pterygoid processes of the sphenoid bone which is radically different compared to before. We therefore suppose similar changes in the pituitary gland function. Such variations may possibly be responsible for changes in the hypophysis products, even small ones but sufficient to create domino effects on

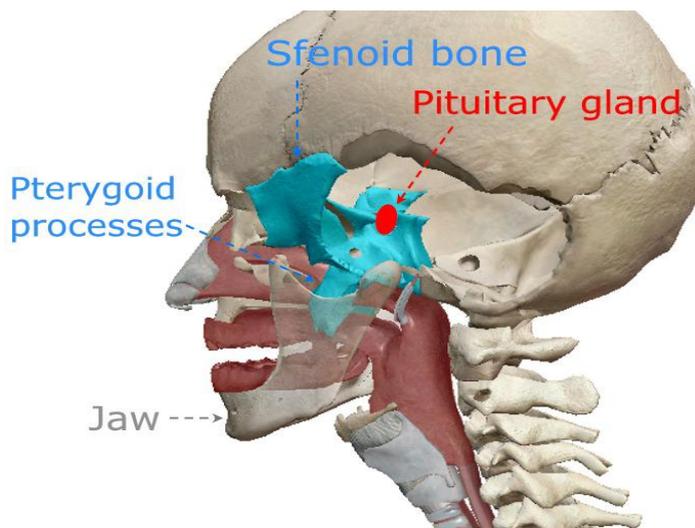
hormonal variations; we also suppose they may influence the generation of neuro-transmitters which may account for temper changes of the person.



Pic. 4.

As a matter of fact, after eight months' treatment, the panic crisis disappeared allowing the person to undergo the school tests that she could not afford before.

In picture 5 a simple scheme showing the previous situation; this should induce us into thought.



Pic. 5.

When changing a person's perception of the environment, one should not only keep in mind the locomotion apparatus and its improvement on the general wellbeing of the person; one should have a good look at a whole series of advantages associated and which are actually neither considered nor measured; they however exist and are present.

I think that their effect on general comfort and quality of life is easily larger than the advantages on locomotion apparatus.

In picture 6 the images before treatment can be seen.

In picture 6 the reference points to compare images have been set between the medium malleolus and the belly button. That means that height variations of the person are only related to the part untied to the reference points. In reality, height has increased more than appears in the images. The left-hand shoulder (A) has aligned to the right-hand one and both have lifted. This can process can be observed in the mid-term check, in the central image. The body's left part is going symmetrical to the right-hand one (B) and evident strengthening of the leg muscles can be seen (C). The head is much better centred and symmetrical.

In picture 7 image of the same person from behind can be observed.

To analyse carefully these images, please note that the reference points have been taken at the medium malleolus and the popliteal fossa. The relationship between height difference of the same person is varied as the distance between reference points is smaller; consequence is that the real differences appear larger.



Pic. 6.

As in previous picture 6, the neck is better centered compared to the bust (A), shoulders are realigned (B), hips are more symmetrical (C) and a consistent elevation of gluteus folds – which are now more symmetrical as well - can be seen.



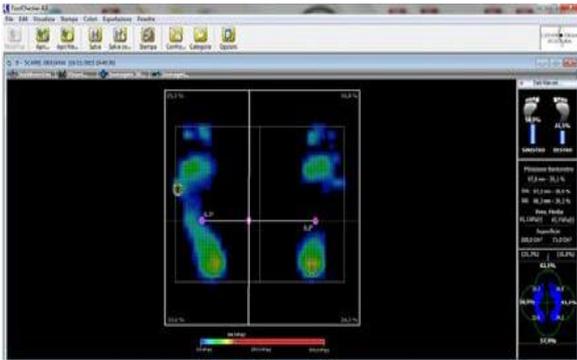
Pic. 7.

A radical reduction of scoliosis and a good growth and strengthening of the entire body can be observed.

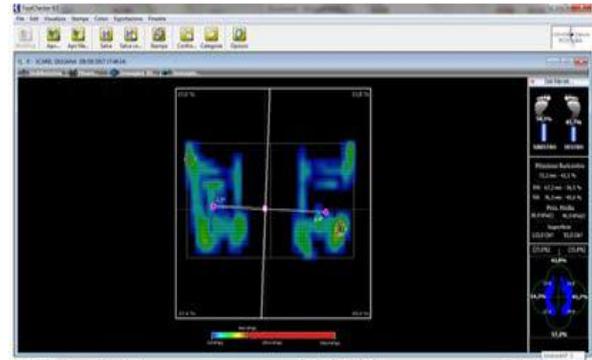
As a minimum, the body growth can be explained with the reduction of scoliosis; more difficult to explain the strengthening.

First thought is that the increase of ergonomic performance leads to the reduction of energy consumption; at a second consideration, one should enquire endocrinological changes tied to a different hypophysis stress due to the position variation.

Concerning the locomotion apparatus, we will hereby describe the images of gravity centre, of baropodometry and their variations towards normality indexes following use of tutor interface as per B.A.E. Method.



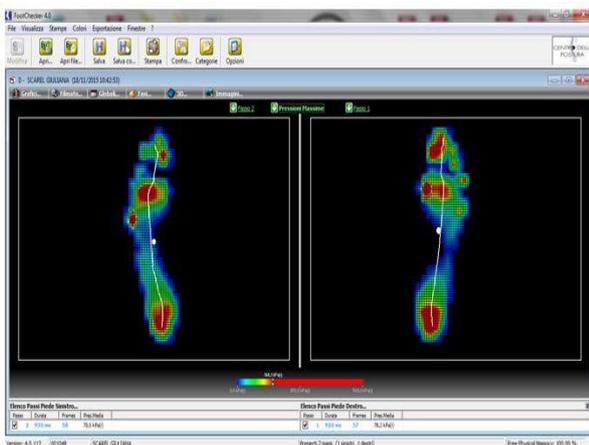
Pic. 8. Start: weight % L.58,9, R.41,2 while Standing



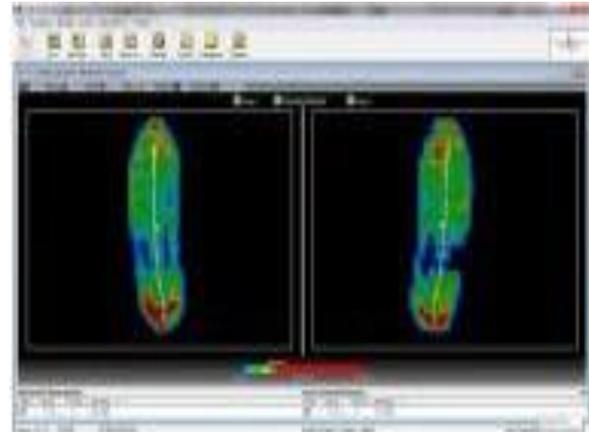
Pic. 9. Cont: weight % L.54,3, R.45,7 while Standing 28 02 2018

In pictures 8 and 9 one can observe the improvement of the values of feet weight while standing before and after eight months' treatment.

In pictures 10 and 11 one can observe the same values when walking.



Pic. 10. Start: walking



Pic. 11. Control: walking 28 02 2018

CONCLUSION

After about eight months of Ergonomic Postural Treatment, we have valued results following the Biomechanical Anthropometric Ergonomic Method.

Situation is as follows:

1 Panic symptoms and pain have completely disappeared after about two months using the Ergonomic Tutors produced following B.A.E. Method.

2 Person declares to have worn comfortably and every day the Tutors; improvements can be seen in images.

3 This shows how one can obtain never achieved results even in cases where failure appeared with classical rehabilitation methods.

REFERENCES

Pacini T., Biomechanical Anthropometric Ergonomic Method for Assessment and Correction of the Human Posture, PhD Thesis, University of Ruse “Angel Kanchev”, 2015

Massara G., Pacini T., Vella G. Ergonomia del sistema posturale, Fabbrica del 3° millennio, Marrapese Ed. S.R.L. Roma, 2008

Planas P., Rehabilitacio Neuro – Occlusal (2ed.), Amolca 2008.

Rocabado M., Annette Z.I. Musculoskeletal Approach to Maxillofacial Pain, Lillincott Williams and Wilkins, 1991.

Pacini T., Biomechanical Anthropometric Ergonomic Method for Assessment and Correction of the Human Posture, PhD Thesis, University of Ruse “Angel Kanchev”, 4, 2012

Pacini T., Elisabetta de Juliis., Coly E. Vzaimodejstvie mezdu lumbalna lordoza i m. iliopsoas. Nauka i sport, 6, 2013

Pacini T., Neck posture, cervical spine problems, temporomandibular joints and the Anthropometric Ergonomic Biomechanical (A.E.B.) Method, University of Ruse “Angel Kanchev”, 2013

Tiziano Pacini, Ferdinando Pivetta, Elisabetta de Juliis, Neck’s posture: woman 54 years old suffering from Dizziness, Labyrinthitis, Headache, Neck Pain, Shoulder Pain, Carpal Tunnel Syndrome, treated with Biomechanical Anthropometric, University of Ruse “Angel Kanchev”, 2013