

Finding Pain Relief After a Traffic Accident

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Non-Invasive Help for Chronic Pain Sufferers

Manipulation of the spine and head to offer pain relief is a type of osteopathy that was developed in the 1970s by Dr. John Upledger. Dr. Upledger conducted a number of studies on craniosacral therapy (CST) while working at Michigan State University as a clinical researcher. Visceral manipulation (VM) is used for the abdominal area to find the source of chronic pain and treat it. So what does this mean for sufferers, you ask?

Light touch is used in CST to improve the craniosacral or visceral system function and evaluate it in those with pain that is chronic. Osteopaths, massage therapists, [acupuncturists](#) and chiropractors all practice VM as a way to release restrictions in the craniosacral system to improve the body's function.

Does CST Help Chronic Pain Patients?

An article that appeared in 2019 in [BMC Musculoskeletal Disorders](#) that reviewed controlled trials of its use says yes. Ten controlled trials were conducted, showing that sufferers obtained pain relief and improved function for periods as long as six months after being treated for CST. Almost 700 patients participated in the trials and suffered from chronic pain caused by fibromyalgia, back and neck problems, [migraines](#), and other conditions.

Visceral Manipulation (VM) as Treatment for Chronic Pain Conditions

Jean-Pierre Barral is the French osteopath who developed Visceral Manipulation, which focuses on the body's internal organs such as the intestines, liver and kidneys to provide pain relief. The purpose of VM is to release the restrictions that result in dysfunction and pain but also evaluate the body to find the source of this condition.

A VM therapist uses manipulation to look for motion within the body cavity that has been altered or may have decreased. The therapist uses special techniques to release those restrictions once they are located. The process is meant to improve the mobility of connective tissue and provide tension relief in

the sufferer. This type of procedure has been taught since 1987 at European osteopathic schools and in the United States to medical students.

Does Visceral Manipulation Also Work for Those With Chronic Pain?

Studies have been conducted to show the effect of VM on those who suffered [ongoing pain](#) from concussions, dyspepsia or problems with motion in the cervical area and upper trapezius. The first study, which was published in 2017 in Medical Acupuncture, worked to provide pain relief for patients suffering from concussions. These patients underwent 10 sessions of VM and showed improvements in pain, cognition, sleep, and memory.

Another study, which was published in 2018 in Evidence-Based Complementary Alternative Medicine, demonstrated that one session of VM for the liver and stomach resulted in a reduction of [cervical pain](#) as well as increasing the electrical activity in the upper muscles that extend over the shoulders and back. The treatment was used on patients with continuing pain in the neck and from functional dyspepsia. Patients reported still having a reduction in pain a week later.

What Instruments Are Used to Detect This Body Rhythm Disruption?

None. Osteopaths and other practitioners detect the rhythm by the placement of their hands and light pressure. Because the rhythm travels through the tissues of the body, they can feel it anywhere. Pain relief can be provided by improving these rhythms.

What Types of Injuries Can Cause Chronic Pain?

Pain that doesn't go away is a common result of being involved in an accident, especially a traffic collision. Because the body is thrown forward and backward during the impact of the collision, it can cause anything from a traumatic brain injury to spinal problems and abdominal trauma. If a negligent driver was the cause, the injured party may place a claim against them to recover compensation with the help of an [accident attorney](#). When a negligent driver or other entity caused your injury, we offer a free consultation to explore the recovery of damages.

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