



The earliest detection, intervention and prevention of compression syndromes linked to the cause of herniated discs & degenerative joint disease

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Abstract

Efficient, stress and strain free movement with efficiency is an essential aspect of survival for living things. Therefore understanding normal movement and how the human organism accomplishes normal movement is vitally important for physicians to understand so they can determine what is normal and what is abnormal movement.

In 1680, Giovanni Alfonso Borelli, discussed walking as vaulting over stiff legs using a pair of compasses and noted the importance of rebounding on compliant legs in running.

Weight training has been around for centuries. It uses the force of gravity to oppose the force generated by muscle through concentric or eccentric contraction by using weights rather than elastic eccentric training to increase strength.

Plyometric training, developed by Yuri Verkhoshansky, was a method of training brought to the US in 1971, involves quick, powerful movements involving pre-stretching the muscle & activating the stretch-shortening cycle to produce stronger concentric contraction.

The inverted pendulum and the lever series models could not explain the principles of plyometrics. It took 18 years for Harvard scientists, (Blickhan 1989; McMahon & Cheng 1990) to present the more advanced spring-mass model for running as the new conceptual basis for our understanding and technical realization of legged locomotion.

The medical model and approach to the earliest detection intervention and prevention of musculoskeletal, is based on outdated models, which are over 300 years old. The only advancements in the treatment and intervention of these musculoskeletal conditions has been joint replacement surgeries proving examination, treatment and preventive model based on these approaches have not been successful. In fact, they don't even abide by the laws of physics.

In this presentation I will reveal ways the physician can determine the Cause of Herniated Discs & Degenerative Joint Disease related to compressive forces on the integrated spring-mass mechanism. This is linked to the over modulation of the spring-mass mechanism by pathologic spring tension.

Biography

Team Doctors® president, Dr James Stoxen DC, FSSEMM (Hon) has been inducted into the prestigious National Fitness Hall of Fame, the Personal Trainers Hall of Fame and appointed to the Advisory Board for the American Board of Anti-Aging Health Practitioners. He developed the new advanced model of biomechanics, the integrated spring-mass model and the approach to the earliest detection, intervention and prevention of age related diseases.

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