

A Conversation with Prof/Dr Brian Rothbart, Author of *Forever Free From Chronic Pain*

What is Rothbart Proprioceptive Therapy?

Based on 40 years of research and clinical experience and my own experience of living with chronic pain for years, I have invented a therapy that eliminates or greatly reduces debilitating, chronic pain in the muscles and joints without drugs or surgery.

The therapy involves applying a tactile stimulation the bottom of the foot, through which a message is sent to the cerebellum, the posture center of the brain. Acting on this signal, this center initiates a postural correction affecting the entire body. The joints become properly aligned and the strain on the body is considerably reduced. This allows the inflamed joints and muscles to heal. What the patient experiences is dramatic relief from their pain.

Is Rothbart Proprioceptive Therapy simply using insoles?

No. My therapy involves a series of detailed steps including: running comprehensive computerized tests, designing and fitting custom proprioceptive insoles and periodic re-evaluations and progress monitoring.

The insoles themselves are simply a tool used to change the distorted information being sent to the brain. Without first running the appropriate tests and carefully monitoring the patient's progress, one has no idea what type or strength of proprioceptive insole to use and when they need to be changed. Using the wrong type or strength of insole can also have very serious consequences and can actually make the situation worse.

What makes your work dealing with chronic pain different from the other practitioners?

There are three major differences between my work and other practitioners.

The first is that my therapy is the only therapy based on my research that links the development of chronic musculoskeletal pain to poor posture, and the development of poor posture to two embryological foot types that I have discovered. These foot types are at the root of the source of most chronic musculoskeletal pain. Until my work, other researchers have not been aware of these connections.

The second is because most practitioners use therapies and treatments do not address the source of chronic musculoskeletal pain, they can only manage pain, not eliminate it. Their patients receive on-going rather than finite treatment. Because my therapy addresses the source, I can eliminate it, and hence my patients get better and stay better.

The reason for this is that most practitioners have been trained in pain management treatments because prior to my work this source of chronic musculoskeletal pain was not known. Without knowing the source of a problem it is difficult to eliminate it.

The third is that no other practitioner has developed a method for treating patients long distance. Much like Xrays and blood tests, I can run tests on the patients and diagnose them without being with them. When necessary, I can work with the patient's local healthcare provider to treat the patient.

You use inserts inside the shoe in your therapy. How are these different than all the other orthotics being used and sold?

Other types of insoles such as orthotics or arch supports were not designed to handle the chronic pain problems arising from the two embryological foot structures that I discovered and have published on. The insoles that I developed are specifically designed to correct signals being sent to the brain leading to bad posture and hence pain from these two foot types. If one uses other types of insoles to treat these two specific foot types, the results will be disappointing.

Does your therapy deal with all types of chronic pain?

No it does not. If the cause of your chronic pain is solely an inherited foot structure, which has created distorted posture and the subsequent chronic muscle and joint pain, Rothbart Proprioceptive Therapy will eliminate your chronic pain.

If your disease has a known cause to be something other than an inherited foot structure and you do not have this inherited foot structure, Rothbart Proprioceptive Therapy will not eliminate your pain.

Let me give you an example: You have an infection or a malignancy, like osteosarcoma, an infected nerve tumor, a spinal herniation or stenosis, or a primary muscle disease such as Myasthenia Gravis, which is causing you pain, but you do not have the inherited foot structure. Rothbart Proprioceptive Therapy will not eliminate your pain.

If your disease has a cause known to be something other than an inherited foot structure, but you also have this inherited foot structure in addition to your disease, Rothbart Proprioceptive Therapy will eliminate the pain that is coming specifically from the inherited foot structure. Your disease will remain (which is unrelated to the foot structure) and any pain that is coming specifically from that disease will remain.

To give you another example: You have cancer and you also have the inherited foot structure, both of which can be causing you severe pain. Rothbart Proprioceptive Therapy will eliminate the pain that is coming from the foot structure, but you will still have whatever pain is remaining that is being caused specifically by the cancer.

Without consulting with the patient and running the appropriate tests and analyses, it is impossible to determine how much of a person's pain is coming from the inherited foot structure and how much is from your disease.

So in sum, it's the inherited foot structure, or lack thereof, that determines if Rothbart Proprioceptive Therapy can help you and to what degree it can eliminate your pain.

How common are the two foot structures you discovered?

My clinical studies and research suggest that approximately 80% of people have one of these foot structures. However, more definitive studies need to be done to establish the exact prevalence of these foot structures in the global population.

What are the key discoveries that led to the finding the source of chronic musculoskeletal pain and ultimately led to you developing your therapy?

My discovery of a previously unknown source of chronic pain resulted from discovering two embryological foot types (meaning present at birth) that effects how the child walks (meaning abnormal foot motion). This abnormal foot motion results in poor posture, which in turn, results in chronic muscle and joint pain in the foot, ankle, knee, hip, back and jaw.

Once this link between abnormal foot motion and chronic musculoskeletal pain was understood, and finding that orthotics only made this problem worse, I then developed a way to reverse the abnormal foot motion using proprioceptive therapy.

Ultimately, by understanding a previously unknown source of chronic pain, it then became possible to deal with the source rather than the symptoms. By dealing with the source of a problem you can eliminate it, not just manage it.

Have you published on your research and findings as an effective therapy for eliminating chronic pain?

Yes. My research has been published in eight medical journals around the world, including the Journal of the American Podiatric Medical Association, the Journal of Manipulative Physiological Therapeutics, Biomechanics and Podiatry Review. My most recently published research was published this year in the Journal of the American Podiatric Medical Association, which showed that abnormal foot motion results in changes in facial contour.

The published research that supports my discoveries which led to my identification of the source of chronic musculoskeletal pain can be found on my website: www.rothbartsite.com.

Have you encountered any resistance or criticism regarding your approach to eliminating chronic pain?

It is not uncommon that new approaches in health care are initially met with some resistance and suspicion. My therapy is no exception.

The real issue is that prior to my work a very common source of chronic musculoskeletal pain was not known. Hence pain management rather than elimination techniques such as drugs and surgery have been taught in most universities and training centers. As my therapy is based on new, ground breaking research, others may question its validity because it is different from what they have been taught, and what many experts have been saying for years.

However if you look at the facts you will see that chronic musculoskeletal pain is a global epidemic. Current treatments simply are not working. Both practitioners and people suffering from chronic pain in the foot, ankle, knee, hip, back and jaw have been desperately seeking a solution for years. As more people learn about my work, it is becoming more and more accepted and now applauded by many of my peers and researchers.

My work has been endorsed by many specialists worldwide, including experts from the World Health Organization and Instituto Superiore di Sanita.

Is there any special training required to use your approach in eliminating chronic musculoskeletal pain?

Yes. The International Academy of Rothbart Proprioceptive Therapy has been established to train healthcare providers in the use of this therapy. This International Academy (IARPT) is the only officially recognized body for training and certifying licensed health care practitioners in the use of Rothbart Proprioceptive Therapy (RPT). The course of advanced training runs 384 hours. It is the only academy where the level of competency in the use of RPT is certified and sanctioned by Professor/Doctor Brian A Rothbart, the founder of this therapy.

For more information, you can go to the Academy's website: www.IARPT.com

Can you tell me about the Citizens for a World Free from Chronic Pain Group and the Citizen Distributor program?

In doing the research for my book to understand the scope of the chronic pain pandemic, it was staggering to see how many people around the world are not only suffering from pain, but are spending thousands for drugs and treatments that are simply not working.

Knowing the frustration and deep desire for a real solution in the thousands of pain sufferers I have treated over the past 40 years, I thought that if there was a way to bring together those desperate for solutions that work, it might be a first step towards change.

So we decided to create the group Citizens for a World Free from Chronic Pain to help connect those who are tired of the fact that pain management seems to be the only solution offered to pain sufferers and their families and wanted to do something about it. If someone is interested in joining the group, they can visit Facebook and do a search for "Citizens for a World Free from Chronic Pain". Then look for the link that says 'Join this Group'.

The Citizen Distributor program is simply a way for people who want to share news with pain sufferers, their friends and family and their healthcare providers that a proven solution exists to permanently eliminate chronic musculoskeletal pain and make some money at the same time. This program allows for distributors to receive 30% of the price of every book they sell - and helps those interested in learning about the solution to do so at a discount. People who purchase from a distributor get a 15% discount on the price of the book.

Everyone benefits from the Citizen Distributor program. But most importantly more people will know of a solution that can help them permanently free them from their chronic muscle or joint pain.

We have created a Professional Affiliate program for organizations who are interested in sharing the news of a solution to chronic musculoskeletal pain to their members and benefit financially as well.

To learn about the program, you can go to my book website: www.foreverfreefromchronicpain.com and go to the Citizens Distributor page.