

## NIMMOCARE Wins Award at ACC/RAC

*By Jeffrey H. Cohen, DC*

For Erin Halloran of the Pittsburgh Ballet Theatre, hip pain, back-aches, foot pain and shin splits have been occupational hazards during her more than two decades as a principal dancer. The longevity of her career comes as a result of catching problems early. Dancers count on their bodies to perform under pressure, and one wrong move can cause months away from performing.

“You learn early on that when you choose a career in dance, pain is a constant companion,” Halloran says. “I searched for a medical practitioner who recognized what all performers know—that a dancer’s body is a system of interconnected parts, and the repetitive motion of dance can trigger a chain of aches and pain.”

In Pittsburgh, Halloran found relief in NIMMO© technique, a highly precise trigger-point system developed by Dr. Raymond Nimmo and championed by the nonprofit research and advocacy organization, the NIMMO Educational Foundation (NEF). In 2007, I traded in my physician’s tools to focus full time on generating research on the NIMMO technique, creating a standardized curriculum to train and certify chiropractors, and on raising awareness among other health care professionals of its value in the continuum of care for pain management. This formalized structure is now called NIMMOCARE ©.

What was missing was the science. I knew that if we could ever get research off The ground, it would do much to bring about awareness and understanding of the modality.

In March 2011, I got my wish when fellow researchers and I took home first prize in the research-basic science category at the Association of Chiropractic Colleges Educational and Research Agenda Conference (ACC- RAC) in Las Vegas.

The presentation entitled “A Mechano- Acoustic Indentor System for In-vivo Measurement of Non-linear Elastic Properties of Soft Tissues” detailed our research project and focused on testing whether a single NIMMOCARE treatment would significantly reduce the hypertonicity of muscles containing trigger points and improve muscle function. The results were significant, demonstrating scientific support for the theories that undergird NIMMOCARE, also known as Receptor Tonus Technique.

I was joined at the podium at ACCRAC by Dr. Terry Koo, director of the Foot Levelers Biomechanics Laboratory of the Research Department at New York Chiropractic College. We followed up our ACC-RAC appearance with a presentation at the World Federation of Chiropractic 11th Biennial Congress in Rio de Janeiro.

“The research is an important first step toward demonstrating the neurological and physiological relationship of trigger points,” Koo says.

The research is particularly meaningful for the NEF, which has subsisted largely on personal financial contributions. The Foundation’s board of directors, which counts Halloran and retired NFL All-Star defensive end L.C. Greenwood as members, is seeking to build off the momentum of the study and develop a fundraising platform of support for further research.