



Referenser Nacktrappan 1.0

Det finns mycket skrivet om cervikal distorsion och motorisk kontroll. Allt är inte beforskat på patienter som skadat sig och dessutom fått hjärnskakning. I Nacktrappan har vi använt aktuella kunskaper och evidens gällande halsryggens funktion, påverkan av smärta samt förmåga att fungera proprioceptivt. Detta har vi så kopplat samman med vår kliniska erfarenhet med patienter som skadat hjärnan vid en hjärnskakning.

Sammantaget har detta lagt grunden till vår Nacktrappa.

Ge dig själv lite tid att läsa igenom dessa artiklar, det är ganska mycket men det ger en bra insikt i området och en större förståelse hur vi tagit fram Hjärntrappan.

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