In a 2010 article in the European Journal of Pain, investigators studied the effects of skilled motor training on patients with low back pain. With chronic low back pain, and other musculoskeletal pain syndromes (such as anterior knee pain in patella-femoral syndrome), the motor coordination of muscles local and global to the site of pain often changes. If the condition does not resolve, these issues can persist longer than if the proper motor patterns were restored.

How Trigenics Drives Neural Plasticity in the Motor Cortex: Article Review

Adaptive changes by the motor cortex to an injury are reversible.

Trigenics directly involves suprasegmental pathways to restore normal muscle firing and coordination.
With chronic low back pain, the motor coordination of muscles local and global to the site of pain often changes.

The investigators of this study found that the patients in the skilled training and motor reorganization group experienced better resolution of pain and a return to normal cortical function (measured by transcranial magnetic stimulation) than their randomized counterparts. Trigenics is a neurologically-based treatment system that involves the skilled movement training of patients. It restores muscle coordination and directly involves supra-segmental pathways to return normal muscle firing and coordination. While treating a patient with Trigenics procedures, not only do they experience a decrease in pain, they also experience an improvement in motor coordination from the brain back down to the muscles. This will restore proper motion and help break the chronic pain cycle.

Reference: