

Report of the Chairman of the Scientific Committee

Presented to the General Assembly at Kuopio, September 7, 2002

Dr. Jacob Patijn, SC Chairman

Summary Report of the first period of four years

The present report of the Chairman of the Scientific Committee (SC) of FIMM is an overview of the four-year period of this committee. The most important question raised in this report of the Chairman is whether the SC has been successful in reaching its defined goals.

The activities of the SC are presented in chronological order. The successes and failures are discussed. The problems defined within M/M Medicine are stated and the solutions developed and proposed by the SC will be mentioned and discussed. Plans for the next four years of the SC are presented in which priorities to tackle the failures of the past four years are included. The need for an International Collegium/Academy is emphasised, with the obvious reason being to involve more scientists of different countries in the scientific development of M/M Medicine. We state the reasons why a SC in the present form of eleven members is necessary for another period of four years. At the moment there is one vacancy since Dr. Paul Cohen resigned.

The present SC consists of the next members:

Chairman

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Secretary-Member

Dr. Jan van Beek, The Hague, Netherlands
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SC-members

Dr. Stefan Blomberg, Stockholm, Sweden
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Dr. Boyd Buser, Biddeford, United States
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Dr. Richard Ellis, Salisbury, United Kingdom
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Dr. Jean Yves Maigne, Paris, France
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Dr. Ron Palmer, Woodford, Australia
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Dr. Jan Vacek, Prague, Czech Republic
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Prof. Robert Ward, Michigan, USA
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Prof. Lothar Beyer, Jena, Germany
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On invitation the President of FIMM, Dr. Michael Hutson and the Chairman of the Educational Committee, Dr. Glen Gorm Rasmussen are always present at the SC-meetings.

In the past four years the SC organised five meetings in different countries. These countries were chosen because their meeting locations were provided near an international airport and to involve the local national societies.

First meeting, Vienna

The first meeting was held in Vienna, with a number of members, which were invited by the Chairman or recommended by others because of their scientific experience. At that time only the Chairman was elected at the General Assembly (GA) in Prague 1997. The status of the committee members in Vienna was provisional and the GA of Prague expected from the Chairman to present a report on the role of science in general within FIMM and the format of the SC in particular. At the first meeting in Vienna conditions for the SC were formulated and the problems in M/M Medicine were defined. In his report to the GA at the Gold Coast, Australia 1998, the Chairman presented the defined problem, which can be condensed in the phrase:

There are too many different schools in M/M Medicine in different countries with too many different diagnostic procedures and too many different therapeutic approaches.

As a consequence of this defined problem and the lack of reliable and valid diagnostic procedures useful exchanges of information between schools of M/M Medicine are hardly possible. Comparison of results of efficacy trials is difficult. Mutual discussions between the different schools in M/M Medicine is not based on solid scientific work. And finally, professionalism based on Evidence Based Medicine in M/M Medicine is impossible with the consequence of interference of integration into regular medicine. At the GA in 1998 conditions were presented for the future work of the SC. The GA agreed with the statement that FIMM as an international organisation has to play an important role with respect to science in the field of M/M Medicine. More important is the condition that within FIMM science should be apart from interests of the national societies.

The consequence of the last statement, and I like to emphasise it again, is the status of the present SC-members.

To remind the national societies:

Participation of the present SC-members is not based on country and/or national society representation, but solely on scientific expertise.

Details can be found in the report of the Chairman of 1998, which was published in FIMM NEWS.

Second meeting, Paris

In the second SC-meeting in Paris 1999 (organised at the hospital Hôtel Dieu of Dr. Jean Yves Maigne), the SC tried to develop solutions to solve its defined problems. Three separate parts of such a solution were recognised by the SC: **Tools**, **Contents** and **Form** (see figure below).

The SC elaborated these three parts in detail. With respect to «Tools» the SC developed a questionnaire with the purpose of making an inventory of experts and scientists and/or the institutes in the world which performed current scientific work in the field of M/M Medicine or related disciplines. This questionnaire was further elaborated by the SC-members by e-mail. The definite format was sent to all national societies of FIMM. Unfortunately, only 50% of the societies responded from which restricted information could be distilled.

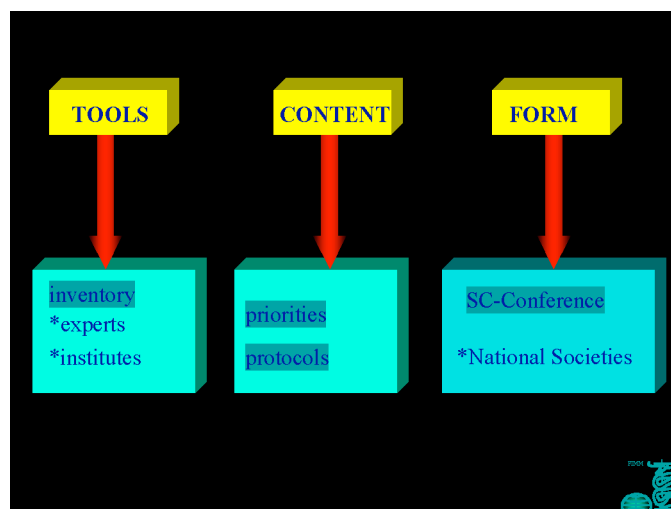
With respect to «Contents» the SC defined priorities in scientific work in the field of M/M Medicine.

The first priority in research was the **reproducibility** of diagnostic procedures of the different schools. In particular reproducibility studies form the best base for a mutual discussion between schools. The advantage of this kind of studies is their low costs, less time consuming and not dependent of large institutes. Private practices with more than one physician for M/M Medicine are able to perform such reproducibility studies.

As second priority the **efficacy** of our treatments was mentioned. A lot of efficacy studies were published already. Many of the studies showed methodological flaws and were frequently restricted to one aspect of our therapy: the high velocity, low amplitude thrust.

As last priority **fundamental research** in M/M Medicine was defined by the SC. The disadvantages of efficacy studies and fundamental research are the costs, restriction to large institutes and time consuming.

In the same SC-meeting of Paris 1999, the SC decided to develop **protocol formats for reliability studies and efficacy studies**. In this way the SC



wanted to provide the national societies and/or institutes with the proper methodological tools to perform these kinds of studies. For the reliability studies a detailed protocol format had to be developed. For the efficacy studies the protocol mainly had to focus on the general aspects of an efficacy study such as pitfalls, logistics and statistics.

With respect to «Form» the SC raised the idea to organise **SC-Conferences** in cooperation with a national society and related to an annual meeting of such a national society. The SC-Conference had to act as a discussion platform for schools in M/M Medicine where they could present the results of scientific work based on solid scientific methods. In this way information transfer could take place between schools irrespective of the nature of the school and could lead to a mutual understanding. Researchers in our field could present only recent work and/or preliminary results and protocol proposals.

The GA of Copenhagen 1999 ratified the defined problem by the SC, the proposed goals and solutions in the triad of «Tools», «Content» and «Form». Details can be read in the report of the SC-Chairman.

Third meeting, the Hague

The third SC-meeting was organised in the Hague (organised in the clinic of Dr. Jan van Beek), Netherlands in 2000 and was the first real scientific meeting. Based on 15 high quality papers presented by the different SC-members, the Chairman and Prof. Bart Koes, Epidemiologist, and adviser of the SC, diagnostic and therapeutic aspects of low back pain were discussed. These discussions provided the SC-members with data to develop an efficacy and a reliability protocol for low back pain. Two subgroups in the SC were formed with responsible SC-members, which had to elaborate the two different protocols by e-mail. Furthermore the SC decided to discuss on every SC-meeting a particular region of the locomotion system. During the meeting the first ideas about an International Collegium for M/M Medicine were raised, based on an idea of the Chairman that he developed in 1985. In his report presented at the GA of Dresden 2000, the SC-Chairman presented many scientific conclusions based on the meeting in The Hague. General recommendations with respect to the state of the art of efficacy and diagnostics were made. The GA ratified the plans of the SC. Already in 2001 two SC-protocols on low back pain were published. Details can be found in FIMM News of that year. Originally it was planned by the SC to send the protocols to all national societies.

The scientific presentations by the SC-members of the SC-meeting in the Hague 2000, Netherlands, are listed below.

1. **Prof. Bart Koes**, epidemiologist
State of the Art of Efficacy of M/M Medicine in Low Back Pain
2. **Dr. Stefan Blomberg**
New data of a Pragmatic Trial in Treatment of Low Back Pain
3. **Dr. Lars Remvig**
Therapeutic Approach Non-Specific Low Back Pain
4. **Dr. Richard Ellis**
Therapeutic Approach Non-Specific Low Back Pain
5. **Dr. Ron Palmer**
Therapeutic Approach Non-Specific Low Back Pain
6. **Professor Robert Ward**
Therapeutic Approach Non-Specific Low Back Pain
7. **Professor Bart Koes**, epidemiologist
RCT in Low Back Pain
8. **Dr. Stefan Blomberg**
Pragmatic Trials in Low Back Pain
9. **Dr. Glen Gorm Rasmussen**, EC-Chairman
Overview Diagnostic Procedures in M/M Medicine for Low Back Pain of the Different National Societies in FIMM
10. **Dr. Jacob Patijn**, SC-Chairman
State of the Art Reliability/Validity Studies of Diagnostic Procedure in M/M Medicine for Low Back Pain
11. **Professor Robert Ward**
The place of Radiology (x-ray, CT, MRI) in Diagnosis of Low Back Pain in Relation to M/M Medicine
12. **Dr. Jan Vacek**
The place of Electromyography in Diagnosis of Low Back Pain in Relation to M/M Medicine
13. **Dr. Jean Yves Maigne**
Presentation and/or in vivo Demonstration of a Diagnostic Approach in Non-Specific Low Back Pain
14. **Dr. Richard Ellis**
Presentation and/or in vivo Demonstration of a Diagnostic Approach in Non-Specific Low Back Pain
15. **Dr. Jacob Patijn**, SC-Chairman
Reliability/Validity Study Formats

Fourth meeting, Boppard

The fourth SC-meeting was held in Boppard, Germany 2001. The FAC Boppard-Seminary kindly provided us with room for the conference as well as with the majority of the hotel accommodation for the participating SC-members. The scientific topic

was the cervical spine in M/M Medicine. Twelve scientific papers were presented by the SC-members and its Chairman about this topic. Existing protocols were discussed and refined. It was decided that for the next SC-meeting more general efficacy and reliability protocols had to be developed for all regions of the locomotion system. 13 «golden rules» had to guarantee the logistic aspect of an efficacy trial. New «golden rules» had to be developed for reliability studies.

It was decided that the first protocols had to be sent separately to all national societies with an accompanying letter signed both by the President of FIMM and Chairman of the SC. It was the first time for the SC that it was confronted with the issue of information dissemination among the national societies. A problem, which became more and more important for the SC. The first two protocols were published in 2001.

It was agreed that the SC must have a consultative function for reliability and efficacy protocol formats developed by national societies of FIMM. In his report the SC-Chairman emphasised the need for professionalism of the tasks of the Secretary-General of FIMM. The SC-members still subscribe the need for an International Collegium/Academy for Manual/Musculoskeletal Medicine. Two main points of concern emerged from this discussion. At first the membership of such a Collegium/Academy. Some members were concerned about the membership of non-medical persons; more precisely physiotherapists. Secondly, the relation of such a Collegium with FIMM.

A special subcommittee was formed to elaborate a first proposal for such a Collegium. These final proposals had to be sent to the Policy Committee of FIMM. At the Policy Committee meeting in December 2001 the SC-Chairman presented the preliminary proposals about founding an International Collegium/Academy for M/M Medicine. The Policy Committee agreed with these proposals and gave the green light to the SC to further elaborate these plans.

At the SC-meeting in Boppard 2001 it was also agreed to organise the first SC-Conference in cooperation with a national society. Two SC-members took the responsibility to look after the best suitable place and national society.

Many of the papers which were presented were suitable for publication in journals related to FIMM as well as in rated journals.

The scientific presentations by the SC-members of the SC-meeting in Boppard, Germany 2001 is listed below.

1. **Dr. Lars Remvig**
Evaluation Lumbar SC-protocols
2. **Prof. Lothar Beyer**
Characteristic Diagnostic Procedures in M/M Medicine of the Cervical Region
3. **Dr. Paul Cohen**
CD-ROM Swiss Association Cervical Region M/M Medicine
4. **Professor Robert Ward**
Cervical Pathology and its Relation to other Regions of the Locomotion System
5. **Dr. Ron Palmer**
Cervical Pathology and its Relation to other Regions of the Locomotion System
6. **Dr. Jacob Patijn, SC-Chairman**
Reproducibility Studies in M/M Medicine of the Cervical Region
7. **Dr. Jacob Patijn, SC-Chairman**
Imaging Techniques in the Cervical Region
8. **Dr. Jean-Yves Maigne**
Complications in M/M Medicine of the Cervical Spine
9. **Dr. Stefan Blomberg**
RCT's in M/M Medicine of the Cervical Region
10. **Dr. Paul Cohen**
Cervicogenic Headache in M/M Medicine
11. **Dr. Richard Ellis**
Cervical Radicular Syndrome in Relation to M/M Medicine
12. **Dr. Jan Vacek**
Jaw Problems Related to M/M Medicine
13. **Dr. Boyd Buser**
Additional Forms of Therapy in the Cervical Region

Fifth meeting, Prague

The Fifth SC-meeting was held in Prague, Czech Republic and was organised by Jan Vacek of the University of Prague, who kindly provided us with cheap accommodation for the meeting.

Besides many issues concerning the SC-policy, refinement of the protocol, the SC-Conference and PR-aspects of the SC, the scientific topic of this meeting was the shoulder and thoracic region. After an introduction by the Chairman, which was also sent as a report to all SC-members, the individual members presented their past and future role in the SC and if they were able and prepared to give a substantial contribution in a second period of four years in the SC. In the final discussion it was agreed that the present composition of the SC pro

vided the best conditions (expertise, mutual relations members, willingness for active contribution) for the work of the SC during an additional period of four years. The Chairman decided also for a presidency of the SC for another period. He will advice the GA in Kuopio 2002 to nominate all SC-members and his presidency for another period of 4 years. The logistics of the first SC-Conference in Interlaken in cooperation with the Swiss Society were discussed and a preliminary program with potential speakers was prepared to which several SC-members were to be invited.

The most important issue was the dissemination of the work of the SC. Due to a lack of a professional logistic structure within FIMM (the office of the Secretary-General), the message of the SC, the SC-protocols, the papers did not reach the national societies and its members in a proper way. Different conditions for an effective dissemination were discussed. It was agreed that during the GA of Kuopio 2002 the SC-Chairman had to emphasise the need for a proper logistic structure within FIMM to disseminate the work of the SC.

In an extensive discussion the SC provided the subcommittee of the Collegium to elaborate its plans in a more detailed fashion. A separate meeting had to be organised by this subcommittee.

In the scientific part of the meeting fourteen papers were presented. A distinction was made between papers with and papers without a general SC-statement. It became clear that publication of the papers costs an enormous amount of energy and time of the individual SC-members. Nevertheless, under responsibility of a SC-member these papers had to be published in the FIMM journals in different languages.

During the same year 2002, two new protocols were published and a protocol about the **13 «Golden Rules» for Efficacy studies**. A special **protocol for pragmatic trials** is still in progress. Besides its advisory role for scientific work in national societies, it was decided that the SC had to play a substantial role in the next Triennial FIMM Congress of M/M Medicine in Bratislava 2004.

In 2002 Paul Cohen left the SC. The SC-members has been asked to nominate potential colleagues to replace him.

The Academy Subcommittee presented its report at the GA in Kuopio. The report was ratified and the subcommittee was asked to continue the work.

The scientific presentations by the SC-members of the SC-meeting in Prague, Czech Republic 2002 are listed below.

1. **Dr. Lars Remvig**
Evaluation Lumbar Efficacy SC-protocol
2. **Dr. Stefan Blomberg**
Evaluation Lumbar Efficacy SC-protocol
3. **Dr. Jacob Patijn, SC-Chairman**
Evaluation Lumbar Reliability SC-protocol
4. **Dr. Glen Gorm Rasmussen, EC-Chairman**
Characteristic Diagnostic Procedures in M/M Medicine of the Thoracic and Shoulder Region
5. **Prof. Robert Ward**
Characteristic Diagnostic Procedures in M/M Medicine of the Thoracic and Shoulder Region
6. **Dr. Ron Palmer**
Shoulder Pathology and its Relation to other Regions of the Locomotion System
7. **Dr. Boyd Buser**
Shoulder Pathology and its Relation to other Regions of the Locomotion System
8. **Dr. Jacob Patijn, SC-Chairman**
Reproducibility Studies in M/M Medicine of the Shoulder and Thoracic Region
9. **Dr. Jacob Patijn, SC-Chairman**
Imaging Techniques in the Shoulder and Thoracic Region
10. **Dr. Jean-Yves Maigne**
Injection Therapies in M/M Medicine for Shoulder and Thoracic Complaints
11. **Dr. Richard Ellis**
Frozen Shoulder in Relation to M/M Medicine
12. **Dr. Jean Yves Maigne**
Isolated Thoracic Complaints to M/M Medicine
13. **Dr. Boyd Buser**
Shoulder and Thoracic Complaints in Relation to Visceral Pathology
14. **Dr. Stefan Blomberg**
Algorithm Treatment Low Back Pain

Which goals were reached by the SC?

1. The work of the SC of the past four years resulted in a firm position of science within FIMM. Based on its composition of the present SC-members, who were elected on the basis of their expertise in our field, the SC created an atmosphere in its meetings in which politics of national societies were absent.

2. The SC succeeded in defining the main problem within M/M Medicine and developed a way to solve this problem. By defining different priorities in scientific work in M/M Medicine, the SC provided the best conditions for mutual discussion between the different schools. Reliability studies on diagnostic procedures of the different schools form the best way to stimulate this discussion and make diagnostics between schools transferable. Validated diagnostics lead to homogeneous study populations and therefore make mutual comparison of efficacy trials possible. Finally, these first two priorities are the base for fundamental research in M/M Medicine.

3. The work of the SC has led to a gradual integration of Evidence Based M/M Medicine. The last congress in Chicago illustrated this aspect. Many papers were presented by members of the SC. The SC played a crucial role in the Post Conference Workshop on Evidence Based Medicine.

4. Looking to the three different aspects of the solution provided by the SC («Tools», «Contents» and «Form») it could be concluded that for an international working committee with only 12 members the SC has done a tremendous lot of work. Much of this work was done by the SC-members in free time. To be as economic as possible a lot of SC-work was done by e-mail. SC-meetings were extensively prepared. Many reports were first discussed by e-mail in advance resulting in very fruitful SC-meetings.

5. By organising SC-meetings in cooperation with organisations and/or institutes related to SC-members, the SC has always tried to keep the costs of its meetings as low as possible.

6. Five protocols have been developed and published by the SC. Two SC-protocols with respect to the efficacy and reliability in low back pain, two general SC-protocols on efficacy and reliability in M/M Medicine and one SC-protocol on 13 «golden rules» for efficacy trials. One SC-protocol on pragmatic trials in M/M Medicine is still in process and will be published in spring 2003. Because of its «cook book» format, the reliability SC-protocols make it possible for the national societies to perform this kind of studies in a logistically and financially easy way.

7. A number of papers of the presentations have been published by the SC. A substantial number of papers are still in preparation. A period of four years was too short to overlook the whole field of M/M Medicine and to publish all papers.

8.

The first SC-Conference will be organised in January 2003 in Odense, Denmark in cooperation with the Danish Society for M/M Medicine.

9. Plans to found an international Collegium for M/M Medicine are in an advanced stage. This Collegium is meant to involve more national societies in scientific work in M/M Medicine within the framework of FIMM. Such a Collegium can involve disciplines, which are related to M/M Medicine such as Neurology, Biomechanics etc. The present composition of twelve SC-members cannot guarantee the multidisciplinary character of M/M Medicine.

Which goals were NOT reached by the SC?

The important «Tool» aspect of the solution to solve the problem, as defined by the SC, was unsuccessful.

The SC sent in its first year a questionnaire to all national societies to make an inventory of experts and/or institutes which were occupied with scientific work in our field. The **low response** of 50% did not provide the SC with substantial data to create a network for dissemination of its work and message.

This lack of proper dissemination of information to the national societies of FIMM as well as to its individual members has led to the situation that many national societies and its members **are still ignorant** of the importance of the work of the SC.

The SC thought it important that national societies were heavily involved in the activities of the SC. Not only for sake of the scientific aspects of the SC, but also for the simple fact that national societies have the right to know what the SC has done for the money provided by the National Societies.

Because of the lack of a professional logistic structure within FIMM, the **dissemination** of the work of the SC **has failed**. The lack of a healthy financial climate is the second contributing factor for this failure.

Therefore the dissemination aspect of the SC will be emphasised in its next period of four years.

Because we had published the protocols only in 2001 and 2002, the time was too short to register an effect of the protocols. Logistic problems mentioned above are a second reason. Since the publication of the protocol the German Society for M/M Medicine has been starting a reproducibility study. Two reproducibility studies have been initiated in the Netherlands.

We have not been able to publish all the presentations from the SC-meetings. The initiative within the SC to publish the presentations was taken during the SC-meeting in 2001. Time is not ripe yet to elaborate papers with official SC-statements for

instance with regard to complications in M/M Medicine and therapy. It will be one of the tasks during the next four-year period of the SC.

Future Plans of the SC

As already mentioned above the SC will pay most of its attention to solve the implementation aspect during the next four years so the information gets into the right place at the right time. For the next four years the following tasks for the SC have been defined:

- The SC will develop in cooperation with the Secretary-General of FIMM a network of persons (e-mail addresses), institutes, and local scientific committees, educational boards of national societies.
- The SC will develop a standard presentation, which can be presented at annual meetings of national societies. The purpose of these presentations is to inform the national societies and in particular its members about the contents of the work of the SC. In this way the national societies can be stimulated to perform scientific work. In the future, national societies will be asked to invite the Chairman of the SC and/or one of the SC-members to present the work of the SC.
- The SC will develop international instructional courses to teach the basics of research in M/M Medicine.
- The SC will develop the plans for an International Collegium for M/M Medicine in which for scientists as well as educational experts in the field of M/M Medicine.

- The SC will redefine its cooperation with the Education Committee.
- The SC will try to publish more consensus papers based on the presentations of the different SC-meetings.
- The SC will try to publish more state of the art papers based on the presentations of the different SC-meetings.
- The SC will develop a program for fundamental research in our field.
- The SC will redefine the definition of M/M Medicine.

For the next four years, the present composition of the SC meets the best condition for the above-mentioned tasks. At the same time and parallel to these tasks, the SC will elaborate a definite plan for an International Collegium for M/M Medicine. This development needs time and the SC wants to create a firm base for such a new scientific structure within FIMM.

As the Chairman of the SC, I want to thank all the SC-members for their enormous amount of energy they spent for the SC, for their scientific contributions and for the faith in me as person to chair this committee.

As the Chairman I also want to thank the former Executive Committee of the FIMM, in particular the President Michael Hutson.

Last but not least I want to thank the national societies of FIMM for their support and the ratifications of my annual reports and the faith in my committee and me.