

The Integrator



The newsletter of the Academy of Integrated Therapies

ISSUE 3

AUTUMN 2010

PART 2 MUSCULOSKLETAL THERAPY (MST)

As mentioned in part 1 MST is a new development in body therapies. Its philosophy is based on the idea that if you take a singular approach to any subject then you will leave out aspects that may have an important bearing on that subject. MST is a body therapy that links together various parts of the body such as bones, joints, muscles, nerves and even the mind in order to arrive at the cause of the physical disability or pain. MST also links together various forms of body therapy techniques believing in the “right tool for the job”.

In part one we gave you an overview of the principles of MST. In part 2 we want to go into more detail about the first integrated principle of muscles and bones. As we have mentioned in normal movement directed by the mind the muscles contract pulling on its tendon, which in turn pulls a bone in the desired direction. This is a very well established principle of physiology involving the skeletal muscles. After the movement has taken place and the body wishes to return back to its original position opposing muscles contract and act on the bone and the movement is accomplished.

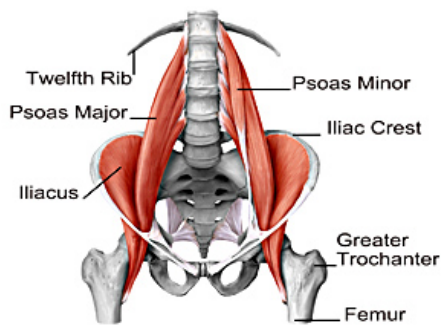
Now let us explore what happens in unexpected movement such as an accident. When sudden forces act on a part of our body mechanics such as our neck in a car accident then the body tries to protect the area by contracting the various muscles around the spine. It all depends on the severity of the forces as to whether the muscles and the ligaments binding the joint are torn or damaged in



some way. However in all cases the trauma leads to muscle spasms, leading to muscle lesions (knots) that will remain long after the injury has occurred. These unnaturally contracted muscles are said to be playing a dominant role in the changed body mechanics, leading to vertebral fixations. In other words the dominant muscles have moved the affected bones out of alignment permanently. It is not until a therapist releases the dominant muscle that the fixation will be removed and the body mechanics will once again be restored back towards its ideal state.

The important principle to grasp here is that whether we are looking at a normal movement or whether we are looking at a reactionary movement performed as a protection to sudden forces, all movement is performed by skeletal muscles acting on a bone via its tendons. The bone does not slip out of place, it is pulled out of its normal alignment by muscles. So it can be confidently said that “Muscles are the master the bone is the slave”
Look for part 3 in our winter newsletter.

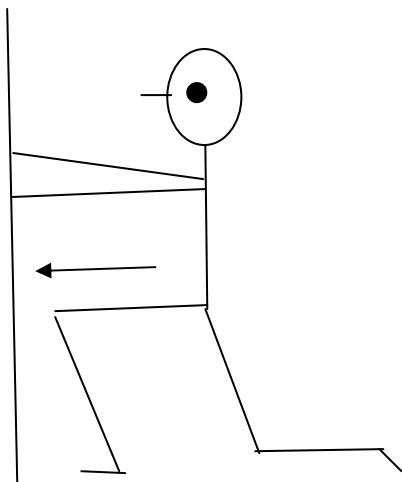
THE POAS MUSCLE Part 3



In our modern everyday repetitious work our all important Psoas muscle becomes very contracted. In part 2 we introduced to you some simple stretches we will now look at some deeper ones for those people that have been doing the earlier ones for a few weeks.

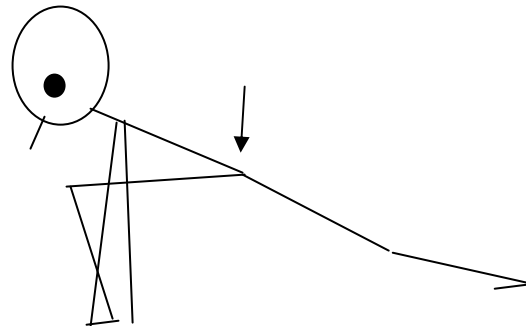
How to stretch the psoas

(A) This stretch can be performed in many ways. However try this method.



- (1) You need to find a wall
- (2) Kneel on the floor in front of the wall with your hands holding onto the wall.
- (3) Place the non working leg out in front of you bent with your foot flat on the floor
- (4) Ensure that your back is straight and that you are not leaning forward.
- (5) Lunge forward so that your non working knee goes towards the wall.
- (6) Hold the position for 30 seconds. You should feel a stretch happening around the groin of the working side. Change sides and repeat steps.

(B) Another deep stretch.



- (1) Get down on all fours,
- (2) Bring the knee of one leg between your two hands and rest the foot on the floor.
- (3) Straighten the other leg out behind you.
- (4) Keep your body aligned over your hips, and feel the stretch in the hip (and psoas muscle) of the back leg. Hold for 30 seconds Switch legs.

ACADEMY NEWS

We have started training students in the new advanced diploma of MST course both in WA and Queensland. In Queensland we already have 5 on the waiting list for the second half of this year. So we anticipate two intakes of new students this year for the Certificate IV award.

Those past students that wish to upgrade their qualifications to participate in the new advanced diploma next year will need to contact the academy as soon as possible as they have some work ahead of them starting this year with upgrades.

Each award has now been condensed into one year. In other words Cert IV 1 year, Diploma 1 year and the Advanced Diploma award is achievable in 1 year.

Our Toxic World Part 3



A quote from Carl Lowe's article, *Bowled Over by Toxins* featured in *Essential Health Magazine*, "This prolonged exposure to toxins is a particular problem for baby boomers, who carry around 15 pounds of stored toxins – the equivalent of toting around a 15-pound bowling ball of toxic waste. When you stop to think about these statements it is very disturbing knowing we have pounds of toxic chemicals and debris floating around our bloodstream and tissues, affecting every vital organ in our bodies. Most doctors believe that the substantial increase in human toxicity could account for the epidemic numbers of allergy sufferers, fibromyalgia patients, chronic fatigue, nervous system disorders, migraine headaches, ADD, depression, anxiety and many other common modern ailments. So where do we go from here? It is recommended by nutritionists, holistic health care practitioners and others in the alternative health care field that we periodically detoxify our bodies. There are many products out on the market to help cleanse and detoxify, you can start by modifying your diet. However, before you make any drastic diet changes and become a vegetarian; I would first recommend consulting with a certified dietician or your medical doctor. Food, exercise and drinking plenty of clean water all seem to play an important part in helping the body rid itself of accumulated toxins. (To be continued)

As I said last quarter the big picture is the all important thing in our work. That is why posture plays the central role in everything that we do.

Have you started taking pictures yet? Are you pointing out the importance of posture to the client? If this is not happening then not only are you missing the big picture but the client's education into structure and body mechanics is being neglected.

Think about what I have said and review the way you are doing things in your clinic. If you have not put into place the policies and procedures of how you run your business then this may be the time to do it.



THE INTEGRATOR

IMPORTANT NOTICE

This will be the last issue of the integrator to be available on our open website to the public. All future newsletters will only be available for registered Myopractors once they have logged in. These future newsletters will be directed specifically at ongoing education peculiar to these premier practitioners. We may however supply short notices from the academy to enable you to keep up with the latest trends in our work.