



Spinal Diagnosis

Oriental Body Balance 'Making Consultants out of therapists'

Oriental Body Balance focuses on many of the body's systems to find the root cause of a client's imbalance and sickness. However our main focus must be on the structure and position of bones, as their position has the greatest influence on the mind, body, and spirit balance more than anything else in the body.

By understanding the integrated nature of the body we can see how the position of the bones dictate the working nature of the internal organs, lymph flow, meridian (energy) system, psychology and emotions, etc.

The spine is the central core of the body, everything else hangs from the spine and so any imbalance in it will affect all the other systems of the body, both physical and psychological. If the body were seen as a spider's web of interacting and interconnecting sections, the spine would be in the middle of the web with the sacrum directly at its centre.

When looking at the body from this holistic viewpoint, the design, shape and position of all the internal organs is related to a normal working spinal structure. If this structure is slightly out of place, stuck, or has lost its curve the organs will be badly influenced both from a working environment and neurological connection.

The design of the human spine is an amazing piece of engineering, not only does it protect and foster life but, at the same time, it allows a fantastic range of movements. The movements, pressure and forces placed on it from external forces on a day-to-day basis can be great and wide ranging, including shock, vibrations, stretching and weight.

For example: the spine has to be ready to cope with running up and down the stairs straight from waking when we realise we are late for work. Then there is the seated impact of riding the bus to work, before sitting 8 hours bent over a computer, followed by running 6 miles and pumping heavy weights at the gym, finished off by slouching in front of the TV for a few more hours before sleeping in a poorly supported bed.

Because problems in the spine can give us predictable symptoms, we can use those symptoms to diagnose the problems in the spine. Research tells us that when a muscle is weak (for example the Latissimus Dorsi) it can be caused by a slight misalignment of the vertebrae at thoracic level T6. We can therefore test this muscle to ascertain that particular type of spinal problem.

This makes diagnosing the spine relatively easy using muscle testing. If we have a researched list of muscles that can be associated with different vertebrae in the spine we can simply test those muscles for our diagnosis. By challenging the spine in this way we can check for movement restrictions and vertebrae misalignments.

This system gives therapists a simple diagnostic tool that has dramatic recovery effects on a wide range of presenting conditions.

Spinal problems

The spine's basic mechanical movements are classed as pitch, roll and yaw. These are the positional movements or mechanics the spine uses consistently in every action it performs. A reduction in performance of these movements will cause reciprocal problems throughout the body.

Pitch

For the body to move forward both physically and mentally the spine's first movement is to bend forward (pitch). This can be seen both in walking and rising from a seated position. In walking the head leans forward first to slightly place the body off balance, the legs then follow before we fall forward, creating a natural, easy and pain-free walking gait.

When the body rises from seated the spine needs to lean forward so that the weight is over the heels, thus allowing the body to push up through the skeleton, enabling us to stand. When the spine is restricted in pitch people often use their arms to raise themselves and they also twist as they rise to utilise other available muscles.

Typical symptoms of pitch are lower back and upper neck pain, pain after sitting, and, for footballers, a drop in performance of ball control, balance and power.

Roll and Yaw

Due to the spine's design, any time it is in motion it is bending and rotating, this requires each vertebrae to be free to move appropriately and yet still be strong and supporting in its position.

The roll movement is where the shoulders and pelvis are facing in the opposite direction, and yaw is where the shoulders and pelvis are facing the same direction. These positions happen consistently during everyday movements, including walking.

Fixations and Subluxations

Definitions

- ☹️ A fixation is when two or more vertebrae move as one
- ☹️ A subluxation is when a vertebrae does not have its normal range of motion

Fixations are primarily caused by the body's immune system deciding to protect itself by restricting any excessive movements, usually following spinal injuries like whiplash. The body recognises its own vulnerability due to ligament and muscular weakness and so locks vertebrae together to protect itself.

The problem with this is that the body can hold onto this fixation reaction long after the cause of the problem has disappeared, leaving the client with pain and movement problems that will increase long into the future.

To find fixations we test the body for bilateral muscle weakness (weakness of selected muscles on both sides of the body). Subluxations are found with Ipsilateral muscle weakness (weakness of muscles on just one side of the body).

I have listed the researched connections between the two systems, which leads to an easy diagnosis and therefore quick, precise treatment and recovery:

Muscle	Fixation
Gait	TMJ
Psoas	Lateral Occipital
Quads	Parietal
Glut Max	Upper Cervical
Popliteus	Lower Cervical
Deltoids	Cervical Thoracic Junction
Teres Major	Thoracic
Lats. Dorsi	T6, TMJ
Lower Traps	T12
Neck Extensor	Lumbar
Hamstrings	Sacrum
Iliacus / Quads Lumb.	ICV Dysfunction

Vertebrae	Muscles
T2	Subscapularis
T3	Deltoid
T4	Popliteus
T5	PMC
T6	Lat. Dorsi
T7	Mid Trap.
T8	PMS
T9	Sartorius
T10	Quads
T11 and 12	Psoas
L1	Hamstrings
L2	Quad Lumb.
L3	Gluts Max.
L4	TFL
L5	Piriformis

So how do OBB practitioners use this information?

By using muscle testing protocols we are led exactly to the area that needs the treatment. This means we aren't wasting time working on areas of the body that don't need attention, and the correction (gentle ligament and muscle balance techniques) to the problem can take just minutes.

Any therapist can then apply their own therapy referenced to that part of the spine. OBB practitioners would use Tuina massage, or Qi Gong therapy, or cupping therapy.

Because diagnosis of the spine can be very quick it leaves us time to check further internal organ balance, muscle balance, cranial balance, food intolerance and many other causes of illness, poor performance and pain. This means we can focus our treatment on different areas and systems of the body that each client needs at that appointment. **TT**

Without diagnosis, what are you treating?

For more information on Oriental Body Balance training please contact: Dr John Brazier (TCM): jbrazier@orientalbodybalance.co.uk Tel: 01253 728035

New Puma Gets Clients Purring!



Therapy Essentials, the UK market leaders for portable therapy equipment, are delighted to announce the launch of their brand-new super-lightweight chair - the Affinity Puma. At 7 kgs the ultra-light, ultra-stylish frame is a breeze to set up and carry.

The Affinity Puma's headrest, chest pad, armrest and seat adjustment offers a myriad of configurations to ensure optimum client positioning. Available in grey and navy, the luxurious upholstery is soft and easy to clean and, combined with the exclusive three-ply Therafoam, makes the Puma immensely comfortable.

Spencer Randon, Therapy Essentials' business development manager, is delighted: 'We are immensely proud of the Puma, to obtain the target weight of 7 kg, whilst retaining the strength, beauty and adjustability of the Puma represents a landmark in the development of our diverse range of products.' **TT**

The Puma is competitively priced at £249 including VAT, delivery (UK mainland), carry bag and two-year warranty. Full details and dealer network can be accessed at www.therapyessentials.co.uk or by calling 0800 0835530.