

The MYK Easterlies

Pain Relief News

Volume 3, 1
May 2014

The Flowers that Bloom in May

Photo courtesy of Jerry Litynski, photo.net

Case Study of the Month

No Pain, No Meds

Warren presented with stabbing pain in his Neck, Upper Back, and Shoulders at least partially the result of having fallen on his back on a cement floor years earlier.

For these symptoms he was taking four medications which he said didn't work very well. Even with these medications he was unable to pursue his hunting hobby, and he could lift no more than 10 pounds.

A C6 treatment was used based on location of the neck, and shoulder pain as well as pain in the lateral elbow and thumb side of the forearm. Posture analysis confirmed C6 which was used throughout.

Progress was slow at first reducing the pain by only 10% after two treatments. However, he reported major improvement after the third treatment, and he had stopped

[A Case Study Continues Next Page](#)



From the Blog

Freedom from Pain is like Spring after Winter

Most who come to me for the first time have suffered their pain for a long time. They have tried 'everything' from medical to chiropractic to acupuncture and more, but without permanent relief. They are likely still to be using pain medications, but again without satisfactory relief. As one person said, "It's like living in everlasting Winter."



If you have experienced chronic pain then you can understand this feeling, and what a difference it makes when your life is no longer preoccupied with your pain.

In this month's Case Study, Warren's face and entire outlook changed from the start to the end of our work together. To be brief, when his pain and medications were gone he looked more alive,

Spring is sure to follow.

more hopeful, more ready to engage life.

MYK has this effect, the effect of moving one from a dismal life of everlasting Winter, to a Spring filled with hope.

Welcome Spring!

What is MYK (Myokinesesthetic)?

MYK uses precise, gentle muscle movements to correct and balance your nervous system to relieve pain and numbness. MYK treatments are short, 10 – 20 minutes, use no oils nor creams, and treat you while fully clothed. MYK uses no drugs, no cutting, no cracking, no needles.

The goal of MYK is not to cure anything directly. Rather MYK corrects and balances the nervous system in specific ways using non-surgical nerve root stimulation, and enables such a balanced system to reduce pain or numbness, correct

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Practitioner News

Certified Myokinesesthetic Practitioner

Earning the CMP¹ credential is a long process requiring both theoretical and practical training in the rigorous discipline of the Myokinesesthetic System.

The typical practitioner who undertakes this training already is a qualified practicing healthcare professional in medicine, chiropractic, physical or massage therapy, and many others. Adding MYK to one's repertoire of treatment alternatives requires an additional 80 hours of training.

Starting with no one certified in 2010, as of the latest certification class in November 2013, there are now about 100 practicing CMPs.

A Case Study (Continued)

taking his medications. The fourth treatment brought the pain scale down to 1 out of 10, and his last, 'insurance' treatment all but removed the pain completely.

His pain remains under control, his movements are restored, and he no longer takes any of the four meds he had used.



¹ CMP: Certified Myokinesesthetic Practitioner.

What is MYK? (Continued)

postures, and increase range of motion.

While not intended to replace necessary medical treatment, often MYK can be an effective alternative to pain medication, and in some cases has allowed extended postponement of elective knee and other surgery.

When Should You Try MYK?

MYK is indicated when you have chronic or acute pain or numbness related to

- Musculoskeletal difficulties at any time.
- The conditions listed below.
- Other organ dysfunction when medical alternatives have been exhausted.

How Might MYK Help You?

Pain (nerve) or Numbness in

Head • Neck • Shoulders • Arms • Hands • Back • Hips • Pelvis • Knees • Legs • Feet.

Conditions including:

Head: Headaches • Migraine • Parkinson's • Stroke • TMJ • Trigeminal Neuralgia.

Neck and Shoulders: Frozen Shoulder • Rotator Cuff • Thoracic Outlet Syndrome.

Arms: Tennis or Golfer's Elbow • Pronator Teres Syndrome.

Hands and Wrist: Carpal Tunnel • Tenosynovitis • Weak Grip

Back: Upper, Mid, Low Back Pain.

Hips and Pelvis: Pain on Lying, on Sitting to Standing, on Walking Up Stairs • Piriformis.

Legs and Knees: Quadriceps Pain • Runner's Knee • Sciatica • Shin Splints.

Feet: Morton's Neuroma • Plantar Fasciitis • Achilles Tendonitis.

Digestive System: Achalasia • Constipation • GERD • Hemorrhoids • Incontinence • Nausea.

Respiratory System: Asthma.

Systemic: Anxiety.

haiku

Everything is dark;
I feel some movement inside.
MYK brings light.

No matter how long the Winter,
Spring is sure to follow.

(Proverb)

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