

Myokin Easterlies

Pain Relief News for the Myokinesthetic Community

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A Case Study

Morton's Neuroma

Morton's Neuroma¹ is a painful thickening of the nerves usually between the 3rd and 4th toes on the bottom of the foot.

Michael is a serious walker; it's common for him to walk 25 miles a week. Yet when he came to me for Myokin treatment, he was unable to walk from room to room without excruciating pain. Cortisone shots, orthotics, pads, and other treatments had no effect.

I told Michael at the outset that it could take six treatments to see some improvement although Myokin often produces more immediate and dramatic results. I have confidence always in the Myokinesthetic approach, but when after five treatments we saw virtually no change, even my confidence
(Continued on Page Two)



Red Autumn Leaves FreeDigitalPhotos.net

From Blog Myokin

Broken Spirit, Broken Body

I attended a contemplative retreat exploring the 'mystery of personhood.' It was an excellent retreat in which, through meditations presented by the leader as well as personal prayer and meditation, we explored the centrality of the Heart of God in our own experience of spiritual awareness as well as our place in the great scheme of things. Alas, the one critical element missing from this exploration was the essential mystery of the human body, perhaps our most immediate experience of the embodiment of God in this world.

**"...no experience of
God without
embodiment...."**

What I saw in this intense, searching group of men and women and young and old and foolish and wise was so many bodies broken by neglect, scourged by misuse, ravaged by opportunistic agents of an unknown god—over used, under used, misused, reused—getting confused signals about how and where and what you feel, if

anything, in your body and in your spirit for they are part of the one personhood that is you. There can be no spirit in this world without the body, no experience of God without embodiment, just as there is merely a pointless, mortal body without a searching spirit.

I notice among my patients how often an injury to the spirit is mirrored in the body. One can sometimes tell what's wrong in the body by discovering distress in a life. The pain in your neck may be directly and solely related to some injury or destructive way you are using your body, but perhaps there is a person or situation in your life that you feel is 'a pain in the neck.' Remarkably, in some cases, sorting out that person may correspond to relief of your physical pain.

The point is that we are of a piece. A blow to the spirit is felt, and held indefinitely in the muscles. Emotional strains and distress of all kinds are mirrored in the body. It's not unusual for me to release muscle tension and find an accompanying emotional release.

Healthy living certainly means
(Continued on Page Two)

Blog Myokin (Continued)

good food, exercise, and rest, but it means as well having a continuing awareness of how thoughts and feelings and especially relationships affect the way you feel in your body. When you feel uptight, for example, there will always be some muscles that are embodying that uptightness, and probably causing discomfort into the bargain.

My charge to my patient after each treatment is that between now and the next (or first) treatment you be continually aware of what has changed: do you feel better, worse, the same, and where do you feel. And I would add the need for awareness of how events in your life relate to these physical changes.

Alas, whether they are physicians or chiropractors or massage therapists, most practitioners who work with your body are not trained to observe relationships between your physical condition and your life situation. And so to maximize the effectiveness of a treatment program, I ask my patients, usually indirectly, to keep me informed of what's going on in day to day life. Think of this as an opportunity and responsibility to guide your Myokinesthetic practitioner by bringing that awareness to your treatment program.

Practitioner News

Are Car Seats a Problem?

Oklahoma CMS¹ Billy Holt says: "The kids I've been working on have unilateral hip tightness, causing weakness and myalgia in the upper extremities and toe walking...."

Seeing this problem frequently in

elementary school, she is looking at car seats to determine whether some brands might cause trunk or hip tightness in babies and toddlers.

With your thoughts about this, please contact Billy by e-mail using natronics007@sbcglobal.net

A Case Study (Continued)

was beginning to flag a bit.

Still, I urged Michael to try one more treatment, and sure enough that sixth treatment produced the improvement we were expecting. Over the next couple of months Myokin treatments helped him return to regular pain free walking.

That was 2009. Now I see him only occasionally if the neuroma flares up, and usually one treatment gets him back to walking without pain.

Guidelines

Briefly, Myokinesthetics move muscles to correct and balance the nervous system. That means making gentle tactile suggestions to your nervous system about rebalancing your body. In so doing, Myokin

- Alleviates pain.
- Restores range of motion.
- Improves posture.

The secret of success of these techniques lies in being specific in what we treat. That is, if we treat every muscle innervated by one nerve root, and only those muscles, then your Central

What Myokin Does

Nervous System responds by undoing previous destructive muscle compensations, and by learning new ways to hold your body without pain.



The Myokinesthetic method is to reeducate your nervous system to achieve balance through constructive reorganization.

¹ *Morton's Neuroma is actually a perineural fibrosis not a neuroma. First described by Lewis Durlacher (Durlacher, 1845), a surgeon chiropodist, it was later claimed by two Thomas Mortons (1876, 1892) whose name the affliction bears.*

• (Durlacher, 1845) *Durlacher, Lewis, 'A Treatise on Corns, Bunions, the Diseases of Nails, and the General Management of the Feet,' Lea and Blanchard, Philadelphia, 1845.*

* CMS indicates a Certified Myokinesthetic Specialist

If you tell the truth, you don't have to remember anything.

Mark Twain's Notebook 1894

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