



The Easterlies

Pain Relief News for the Myokinesthetic Community

Volume 1, 4
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Give Thanks!

A Case Study

The Body Learns

Ainslie came to me with intense, debilitating pain in her lower back and knee as well as plantar fasciitis/neuroma. These conditions, which came on suddenly, prevented her from doing the walking and cycling exercise she loved.

Remarkably, immediately after the first treatment the back pain was somewhat attenuated, and the knee pain was gone. At the second treatment the knee pain was still gone, the back was improved further, and the neuroma seemed somewhat smaller.

However, after this treatment she went for a long walk, and the knee and back both started to act up again. But here's the good part: After resting for 20 minutes, both pains disappeared.

What happened is that her

From the Blog

Curing or Healing

These days, when you go to a physician or to a chiropractor or to another primary care provider (PCP), you go generally with a specific problem that needs to be 'cured.' And generally that PCP will oblige you by recommending certain drugs or procedures or surgeries that may cure your problem, and sometimes they do.

Healing, on the other hand, involves looking at one's whole life situation to see what treatments might help to bring one's life together as a smoothly functioning whole.

I had a patient whose relationship with her relatives and friends was so stressed that she could not help but hurt in every part of her body (and soul). In this case, rather than treating specific pains, we focused on her main life issue which was learning to live in peace with her family from a position of solid self-worth.

Healing means becoming whole, becoming at ease with who and what you are, and learning that regardless of the slings and arrows

"One who has Hope has everything."

of those around you, you have an integrity and sensibility within you that transcends any outrage the world may throw at you.

Myokinesthetics will not make you whole, but they can help to change your inner landscape allowing your natural healing powers to guide you.

To paraphrase Meister Eckhart¹:

*One who has health has Hope.
One who has Hope has everything.*

This is the essence of my practice. To be sure, I look first and foremost to my patients' specific pains and numbness, and mostly I focus on those specifically. But sometimes there comes to me a person who desires more than to be cured, a person who senses that the pain is merely a symptom of something more essential to well-being, that is essential to true healing.

Happy Thanksgiving.



Practitioner News

New Certificants

Just last month, October 2011, the second ever Certification class was held in Florida, and many new practitioners received the CMS² credential. Through this credential, you are assured that your practitioner has had at least 80 hours of theoretical and hands on training in the Myokinesthetic System, and is competent to assess and treat many of your conditions. Following is a full list of the current CMS group.

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A Case Study (Continued)

Central Nervous System (CNS) learned from our work how to fix the problem without intervention. I have seen similar situations with other patients, and it's an excellent example of a main goal of Myokinesthetics: re-educate the CNS to keep the patient balanced and pain free.



Guidelines

Here I begin a series of thoughts about how you can help your CMS² assess the nerve root that's causing you difficulty. It's not that you'll be doing the assessment, but by being aware of specific details in the way you feel, your CMS can get valuable guidance.

We'll start at the top of your lower back. Specifically, try to answer the following questions 'Yes' or 'No:' Is your pain in the lower back just below your ribs? How about the front or sides of your hip area and into your groin? Do you have pain going from sitting

What's Your Problem?

to standing, walking upstairs or even standing up straight? And finally, look in the mirror. Does the top of your body at the waist seem to be rotated to the left or right or is it flexed forward?

If you've answered 'Yes' to all or most of these questions then your CMS will tend to believe you have an L1 problem.

However, the final assessment depends on more than these answers, and your CMS is trained to determine an accurate assessment.

¹ Meister Eckhart was a 13th century preacher, philosopher, and mystic.

² CMS indicates: Certified Myokinesthetic Specialist.

If the only prayer you say
ever is "Thank you,"
it's enough.

Eckhart von Hochheim O.P. c. 1260 – c. 1327 (Meister Eckhart)

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