Bodywork
Chapter 9

Bodywork Intro

- Touch
  - Oldest form of healing and comfort system
  - Most powerful means we have for conveying and receiving love
  - How well do Americans perceive touch as acceptable?
    - Give Examples
  - There are more than 80 types of massage and bodywork practiced in the U.S.
Bodywork Intro

- **Touch**
  - Estimated 250,000 bodywork practitioners in the U.S.
  - 80% of Americans would most likely try massage before most other modalities
  - 54% of primary care and family physicians would encourage massage as a CAM
  - 43 states and D.C. have licensing requirements for massage therapists. ([AMTA view](https://www.amta.org))
    - Others have Certificate, Registration, or nothing at all.

Types

- **Therapeutic massage**
  - Proven ability to soothe pain and promote relaxation
  - Three most cited reasons
    - Relaxation
    - Relief of pain or muscle spasm
    - Stress reduction
  - Very accepted form of bodywork among the medical community
Types

- Therapeutic massage
  - *Swedish Massage*
    - One of the most commonly taught and well-known massage techniques
    - Swedish massage is a vigorous system of treatment designed to energize the body by stimulating circulation.
    - Five basic strokes, all flowing toward the heart, are used to manipulate the soft tissues of the body.
    - Therapists use a combination of kneading, rolling, vibrational, percussive, and tapping movements, with the application of oil, to reduce friction on the skin.

Types

- Therapeutic massage
  - *Deep-tissue Massage*
    - administered to affect the sub-layer of musculature and fascia.
    - These techniques require advanced training and a thorough understanding of anatomy and physiology.
    - The muscles must be relaxed in order to effectively perform deep-tissue massage
Types

• Therapeutic massage
  ◦ **Sports Massage**
  ◦ Designed to enhance athletic performance and recovery.
  ◦ Pre-event massage is delivered at the performance site
    • Fast-paced and stimulating, it helps to establish blood flow and to warm up muscles.
  ◦ Post-event massage is also delivered on site
    • The intent here is to calm the nervous system and begin the process of flushing toxins and waste products out of the body.
  ◦ When an athlete sustains an injury, skillful massage therapy can often speed and improve the quality of healing

• Structural bodywork
• Applied to address chronic muscle tension and improve muscle imbalance spinal alignment
  ◦ **Rolfing**
  ◦ A method to reorder the major body segments,
  ◦ Rolfing was founded by American biochemist Dr. Ida Rolf in the 1940s.
  ◦ Rolfing utilizes physical manipulation and movement awareness to bring head, shoulders, thorax, pelvis, and legs into vertical alignment.
  ◦ Treatments are offered in a ten-session series, as well as advanced sessions.
Types

• Structural bodywork
  ◦ **Hellerwork**
    ◦ Named for founder Joseph Heller, movement education and deep-tissue bodywork are the major components
      ▪ As a preventative technique, the goal of Hellerwork is to produce permanent, corrective change in alignment and movement
    ◦ Emphasizing vertical realignment of the body and release of chronic stress and tension
    ◦ Involves eleven sessions: in each session, one hour is devoted to bodywork and thirty minutes to movement therapy.

• Structural bodywork
  ◦ **Myofascial Release**
    ◦ Application of sustained pressure and movement into the fascial system in order to eliminate fascial restrictions and facilitate the emergence of emotional patterns and belief systems that are no longer relevant or are impeding progress.
    ◦ Myofascial release is an effective therapeutic approach in the relief of cervical pain, back pain, fibromyalgia, scoliosis, neurological dysfunction, restriction of motion, chronic pain, and headaches
Types

Pressure Point Techniques
- Involve the use of applied pressure on specific areas of the body to restore energy and relieve pain
- Acupressure
  - Similar to acupuncture, it uses the meridian pathways of the body to define pressure points
  - Application is to improve energy flow, or qi

Myotherapy
- Relaxes muscles, improves circulation, and alleviates pain in all parts of the body while increasing strength, flexibility, coordination, stamina, and energy. It improves posture, gait, sleep patterns, and work and play performance.
- Based on the discoveries of Drs. Janet Travell and David Simons in which they found the causal relationship between chronic pain and its source
- Myofascial trigger point therapy is used to relieve muscular pain and dysfunction through applied pressure to trigger points of referred pain and through stretching exercises.
- These points are defined as localized areas in which the muscle and connective tissue are highly sensitive to pain when compressed.
  - Pressure on these points can send referred pain to other specific parts of the body.
Types

- **Pressure Point Techniques**
  - *Myotherapy*
  - A hands-on, drugless, noninvasive method of relieving muscle-related pain, Bonnie Prudden's *Myotherapy* emphasizes a speedy, cost-effective recovery and active client participation for long-term relief.
  - The first ninety minute session includes an extensive and vital history.
    - Subsequent treatments are one hour and include self-help techniques.

- **Movement Reduction Therapies**
  - Increase bodily movement in order to restore proper alignment
    - Through awareness and sense of movement
    - Will improve balance, mobility, and coordination
  - Active client participation is important
    - Practitioner uses verbal instruction, hypnosis and imagery, deep muscle and connective tissue manipulation, and mobilization in the movement reeducation process.
Types

- **Movement Reduction Therapies**
  - Alexander Technique
    - F.M. Alexander, an Australian actor, developed the technique in the late 1800s as a result of attempting to solve his own physical problem of losing his voice on stage.
    - Movement education in which the student is taught to sit, stand, and move in ways that reduce physical stress on the body.

  - Manual guidance stresses the adjustment of the head, neck, and torso relationship.
    - [http://www.youtube.com/watch?v=Mdf5tjWrAT0](http://www.youtube.com/watch?v=Mdf5tjWrAT0)
Types

- Movement Reduction Therapies
  - Feldenkrais Method
    - Developed by Russian-born Israeli educator Moshe Feldenkrais
    - Method establishes new connections between the brain and body through movement re-education.
      - awareness through movement
      - functional integration.
    - Our entire spectrum of movement is learned during our first few years of life, but that these movements represent a mere 5% of all possibilities available to us.

Types

- Boienergenic Healing
  - All organisms are enveloped by a type of energy field that corresponds to the mental, emotional, and spiritual aspect of the self
  - Corresponds to a bioenergy that flows through our body and is then transmitted through an aura
**Types**

**Bioenergetic Healing**

- **Therapeutic Touch**
  - Practitioners, primarily nurses, are trained to feel or sense energy imbalances in the client and to use laying on of hands to disperse blocks and channel healing forces to the client’s body.
  - Meditation is used by the therapist to center herself and strengthen her connection to the client’s energy system.
  - Therapeutic Touch has been applied in an assortment of medical situations, including the care of premature infants and emergency room patients. It is known to induce a state of relaxation within minutes.

**Types**

**Bioenergetic Healing**

- **Reiki**
  - free passage (rei) of universal life energy (ki)
  - Energy can be transmitted with or without direct contact over twelve areas of the body
  - As a harmonic flow of energy is strengthened, within the client and practitioner, healing occurs through the return of physical, mental, and spiritual balance.
Types

• Somatic Psychology
  ◦ Practitioners in this field believe psychological, social, cultural and political forces support the splitting and fragmentation of the mind-body unity. These pressures affect an individual's mental, biological, and relational health.
  ◦ Through a system of breathwork and physical touch, suppressed emotions and memories can be released
  ◦ Eliminates blockages of energy

Types

• Somatic Psychology
  ◦ Bioenergetics
    • developed by psychiatrist Alexander Lowen, MD, in the 1950s
    • Focuses on helping people become more aware of their unconscious emotions and beliefs and how they correspond to body tension
    • Individual treatments vary but usually involve releasing tension by bringing out repressed feelings and memories
    • Breathwork, massage, and pressure point therapy are also used
Rubenfeld Synergy Method

- Founded by Ilana Rubenfeld, this method integrates elements of two great body/mind teachers, F.M. Alexander and Moshe Feldenkrais, together with the Gestalt theory and practice of Fritz and Laura Perls and the hypnotherapy of Milton Erickson.
- This method uses many avenues, including verbal expression, movement, breathing patterns, body posture, kinesthetic awareness, imagination, sound, and caring touch to access reservoirs of feeling.

Each individual is unique
- The body, mind, emotions and spirit are dynamically interrelated
- Awareness is the first key to change
- Change occurs in the present moment
- The ultimate responsibility for change rests with the client
- Clients have the natural capacity for self-healing and self-regulation
- The body's energy field and life force exist and can be sensed
- Touch is a viable system of communication
- The body is a metaphor
- The body tells the truth
- The body is the sanctuary of the soul
- Pleasure needs to be supported to balance pain
- Humor can lighten and heal
- Reflecting clients' verbal expressions validates their experience:
- Confusion facilitates change
- Altered states of consciousness can enhance healing
- Integration is necessary for lasting results
- Self-care is the first step to client care
Types

• **Applied Kinesiology**
  ◦ Applied Kinesiology is a healing system that evaluates and treats an individual's structural, chemical, and mental aspects.
  ◦ Therapeutically utilizes nutrition, manipulation, diet, acupressure, exercise, and education to help restore balance and harmony in the body and maintain well-being throughout life.
  ◦ Dr. George Goodheart, a chiropractor in Detroit, Michigan, discovered the technique in 1964 during a patient treatment.
    • After applying a few seconds of deep pressure on the man’s severe muscular dysfunction, he found the problem was eliminated.
  ◦ International College of Applied Kinesiology (icakusa.com)

• **Polarity Therapy**
  ◦ Developed by naturopath Dr. Randolph Stone in the mid 50’s
  ◦ Incorporates Ayurveda and TCM with traditional western practices of bodywork
  ◦ Polarity is based on the belief that positive and negative poles exist in every cell.
  ◦ Therapy then stimulates and rebalances these energy fields while incorporating positive lifestyle changes
Future?

- Medical community has been more accepting of methods that involve both the psychological and physiological benefits of touch
- Trend will continue to increase as more research is done
- The soma and psyche are too well integrated to be ignored in being treated together