

Neuroskeletal Re-Alignment Therapy

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Since basic trials in the mid 1980's this treatment is now well established and is supported by PhD research in the Department of Physiology at the University of Adelaide. The treatment I use builds on 20 years of clinical practice. It has impressed many thousands of patients with high success rates. For this reason I rarely need to advertise and always have a waiting list of patients waiting for appointments. I trained in Adelaide in 1997 and have developed it since in to what is now Neuroskeletal Re-alignment Therapy.

What is it?

It is a non-manipulative technique for treatment of pain, limited movement associated with injury, misalignment and bad posture. The aim is to align joint structures and allow adjoining muscles to work at their optimum. This removes stress from ligaments, tendons and cartilage so that wear and tear is reduced and tensions and pain disappear. Patients feel "shifting" sensations during treatment plus other sensations of tingling and heat as the body adjusts.

After treatment, patients need to relax and have a hot bath, as muscles become achy as they respond to treatment. This can last for a day or two as the body settles into position and is a good sign that the treatment is working. Therefore no other treatment should be carried out for 48 hours afterwards.

Why is it different?

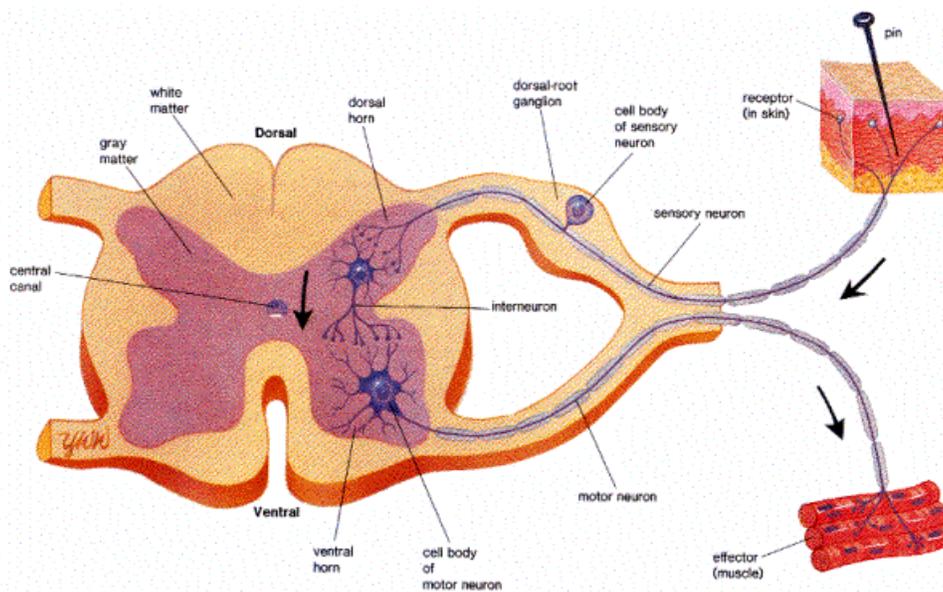
The whole body is re-aligned every treatment, as opposed to only symptomatic areas being targeted. Further to this, peripheral joints can also be treated if required with extra points. We do this whole treatment to treat not only the localized site but also to sort out any compensatory effects that may have occurred. This reduces recovery time and the need for ongoing adjustment and treatments.

Unlike manipulative therapies, there is no bone cracking/crunching and it is highly relaxing – most people drift off to sleep. No clothing is removed except shoes which makes it easier for people to try as they do not feel uncomfortable having to remove clothing in front of a stranger. I am still amazed how many people are afraid to try massage therapy because of this issue, but once they have met you as a re-alignment practitioner, they are more likely to allow you to massage them once they feel they can trust you and of course see the results of your work.

The main reason I love this therapy so much is that people feel different immediately after getting off the couch. Therefore the patient feels happy as they leave the treatment room knowing that something has changed immediately. They always book their follow up session there and then. On average, 3 to 4 sessions is all they need anyway.

How does it work?

Gentle and controlled pressure is applied to specific nerve points that stimulate tension activity to cause change within and around a stressed muscle. The only tools required are the therapist's **middle fingers**. This works on a **neurofeedback loop**, in the reflex arc.



It does predominantly work through the central nervous system, although I also know that it affects the meridian system and our other etheric systems as well. For example, all the chakras are open after a treatment with NSRT and using knowledge of acupoints, I have been able to identify additional points to ground patients and prevent headaches, which when I was taught was the only possible side effect of treatment.

In Australia, my colleagues regularly receive referrals from medical practitioners because it is so effective. As the only tutor outside of Australia, my aim is to get it

established in the UK. I often get calls from people on return from a holiday in Australia wanting to continue treatments here but there are only 5 people other than me practicing so far.

Energy medicine

This treatment aims to work on the muscular-skeletal and neurological systems. However, I quickly noticed patients reporting other problems disappearing too as the body settled down into balance. Everything is energy after all, vibrating at different rates to give it density or mass. Just because you can't see something does not mean that it is not there – microwaves can't be seen for example, but you know they exist. Meridians are accepted as being “real”, but if you cut the body open you will not “see” them – they are etheric. As they connect closely with the central nervous system, the electrical system for our bodies, it is easy to see why this treatment works also on the meridians and affects the whole person.

Why do people like it?

As stated above the fact that no clothing is removed makes it easier for try, especially for those who have not considered complementary therapies before. The other advantage is the fact that as there is no forced manipulation, you cannot make anyone worse or cause them pain during treatment.

To summarise patients like this treatment because:

1. It is non –invasive (clothes kept on)
2. No forced manipulation
3. It can't hurt them or make them worse
4. They only need a few treatments (generally)
5. It allows them to stop taking painkillers/anti-depressants
6. Because it works!!!!!!

Postural Analysis

I also do a postural analysis of the body before each treatment. This involves looking at every aspect of how they are holding themselves. It's quite a strange thing to have a therapist walking around you and writing things down! Another postural check is done from time to time to see and note the improvements on subsequent visits. Where the patient has had X-rays taken, I ask them to obtain them from the hospital. I have made an arrangement with my local hospital to arrange for copies, for which they charge a fee of £10.00. GP's will usually oblige me by sending information on MRI and CAT scans although patients who have had private treatments can bring them along to treatment sessions.

A postural analysis is important because it helps the patient to understand why they feel the pain they do and it helps you to decide on the type of treatment plan necessary. In the diploma course, I teach other methods of diagnosis as well as methods used in orthodox medicine.

Types of Conditions helped

Below is a list of common problems I see in my clinic:

Whiplash Injuries

Sciatic pain

Disc problems

Scoliosis

Spondylolisthesis

Ankylosing Spondylitis

Cervical Spondylosis

Kyphosis/Lordosis

Pain and joint problems due to sports injuries and accident trauma

General Back Pain

Arthritis management (regular treatments help quality of life)

Osteoporosis (regular treatments help quality of life)

Headaches/Migraines

I have also worked with spinal cord injuries both in the UK and in Australia with positive effects.

The Diploma Course

This is being offered for the first time at Morley College in London from October 2004 (Tel: 0207 450 1978). I will also be talking about the Therapy at CHEXPO on the 24th October in the workshop called "Piriformis Syndrome – A Pain in the Butt!" This is specifically looking at a range of symptoms commonly referred to as sciatica and we will be discussing massage techniques as well as Neuroskeletal Re-alignment Therapy. The diploma course is aimed at massage therapists wanting to increase their range of skills and includes training in remedial massage and trigger point therapy.