

SET TALK

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REHABILITATING INNER EAR AND VERTIGO SYMPTOMS

EAR PAIN AND INFECTIONS

Tired of painful and expensive inner ear aches, infections, ear pain on airplanes, and difficulty hearing? There is an effective procedure that may be right for you, a child, a loved one, or an acquaintance.

Many children and adults have chronic ear problems that often lead to loss of hearing and invasive procedures like ear drainage tubes. The symptoms include ear aches, chronic ear infections, fluid retention in the inner ear, chronic sinus congestion, ringing in the ears, and difficulty clearing the ears. Modern medical solutions include strong antibiotics along with surgeries such as tonsillectomies, removal of adenoids, ear tubes, and other inner ear surgeries. These are often costly, and require loss of work and recovery time. For young children the surgeries require anesthesia which always carries the risk of negatively affecting the health and performance of the child's entire life, as well as the potential psychological trauma of being in a hospital undergoing a surgical procedure. Adults will feel the affects in their pocketbooks and there is always a risk of loss of hearing with ear surgery.

There is an effective option that is simpler, less invasive, less risky and less costly. The opening of the Eustachian tube which drains the inner ear is surrounded by soft tissue. When the Eustachian tube is blocked by swelling or inflammation in the soft tissue it cannot properly drain, so the body cannot properly release the fluid or the infection. Specialized soft tissue techniques that are included in Structural Energetic Therapy® are effective in releasing the soft tissue blockage that limits the ability of the Eustachian tube to drain. A trained massage therapist can release the soft tissue of the neck and base of the skull as well as the opening of the Eustachian tube to allow an almost immediate normal opening where the Eustachian tube drains into the back of the throat. This immediately takes the pressure off the inner ear, allows the ear to clear, and allows the Eustachian tube and inner ear to drain properly. Thus, the infection can drain and heal in a surprisingly short time resulting in the disappearance of most of the uncomfortable symptoms of the inner ear, and normal hearing without pain is achieved. Examination of the ear with an otoscope reveals an almost immediate decrease in redness, inflammation, and fluid.

Case Study #1: Ginny, a 35-year-old rehab specialist contracted a virus that led to sinusitis and an inner ear infection. After numerous rounds of antibiotics and many doctor visits, it was suggested that her ears were no longer draining properly. The doctor's recommendation was to put external drains in her ears called ear tubes. She was extremely stressed and concerned about the pain and the headaches and wondered if my therapy could help her.

Structural evaluation showed that she was beginning to collapse into the structural core distortion. This created a shortening in the back of her neck causing her head to jut forward which had a direct effect on her inner ear. Treatment initially consisted of applying a soft tissue protocol designed to first release the front of her neck allowing the neck to move back and then to lengthen the contraction in the back of her neck under the occiput. While working with these tissues it became apparent that there was significant contraction in the soft tissue along the base of her skull all the way up under the jaw. As this tissue released Ginny reported her ear pain starting to lessen.

Special attention was then given to releasing the soft tissue around the Eustachian tube, and then to release the soft tissue at the actual opening. As the soft tissue at the opening of the Eustachian tube softened, Ginny reported a bad taste in the back of her throat and the need to spit. There was a significant amount of saliva and mucous that drained for the next several minutes. Afterwards the pain in her inner ear had disappeared. Ginny went to her Ear/Nose/Throat specialist the next day and an examination with the otoscope revealed minimal redness and no inner ear fluid. Ginny's inner ear had effectively drained from this treatment and was able to fully heal.

Case Study #2: Sally, a 3½ year old developed an inner ear infection after taking swimming lessons. After three rounds of antibiotics her pediatrician recommended ear tubes. Her mother, a client of mine, asked me if there was anything that could be done. With the inner ear infection the soft tissue at the base of Sally's skull and the back of her throat were red and swollen. After working with this soft tissue the swelling and redness diminished. In addition work on the actual opening of the Eustachian tube resulted in draining the inner ear immediately. Sally, like many children do, promptly threw up when the fluid from the infected inner ear started draining down the back of her throat. The next day Sally's mother called to report that Sally's ear infection seemed to be gone and she had no sensitivity or pain in her ear. When her pediatrician examined her, there was no infection or fluid in the inner ear. Sally continued with her swimming lessons for the next three to four years and never had another ear problem.

So, if you would like your clients to avoid the expense, discomfort and risk of traditional inner ear treatment, have them schedule an appointment with a trained massage therapist to have this non-invasive procedure. Usually one or two treatments are all that is necessary for the problems to disappear. Or, if you would like to support your clients this way, contact Structural Energetic Therapy® for training in this procedure.

VERTIGO

If you have vertigo you are well aware of the importance of a healthy inner ear and what is at stake if it isn't. Vertigo can be very debilitating and can severely limit daily activities creating a feeling of desperation. One of the main causes of vertigo is the build up of pressure in the inner ear, either from infections or degeneration due to aging. In either case the inner ear is not able to properly drain through the Eustachian tube down the back of the throat. Often traditional medical treatments with antibiotics or anti-inflammatories can take weeks and sometimes still be ineffective. It is not at all uncommon to have some vertigo and/or hearing loss even after the infection is gone. This can be due to residual swelling in the opening of the Eustachian tube and surrounding soft tissue with mucus from the infection still in the Eustachian tube and inner ear. Because of the swelling at the opening of the Eustachian tube the inner ear cannot drain and the residual mucus tends to thicken and harden the longer it stays stagnant. On going infection in this area often leads to an additional complication of partial or sometimes even total hearing loss. This can be due to auditory nerve damage, changes in the bones of the inner ear due to constant irritation, or hardening of mucous in the inner ear which becomes almost impossible to remove.

The good news is that the inner ear vertigo can be treated effectively with non invasive massage therapy techniques. As with ear infections, the lack of drainage of the inner ear builds up pressure resulting in the bones of the inner ear and nerves of the inner ear being jammed or unable to function properly. Advanced Structural Energetic Therapy® myofascial techniques can release this contracted soft tissue and the opening of the Eustachian tube releasing the pressure that has built up in the inner ear responsible for the vertigo. There is often an almost immediate lessening of the symptoms of the vertigo as the pressure releases with the drainage of the fluid through the open Eustachian tube. If the pressure is released in early stages of vertigo, the risk of long term hearing loss is minimal. If a person has had vertigo for a significant length of time they run a higher risk of hearing loss. Still by releasing the pressure with the soft tissue release around the Eustachian tube even hardened mucous will be able to release. With the inner

ear functioning without pressure the actual bones and nerves of the inner ear can heal significantly. Typically this will take longer than if the pressure were taken off the inner ear in the early stages of vertigo.

Case Study: Jackie, a 76-year-old retired accountant, had been treated for vertigo by his physician with antibiotics and steroids for three weeks with minimal improvement before coming to me. I found several minor cranial restrictions and massive contraction of tissue at the base of his neck and back of throat. After treatment as described above, he reported that his vertigo was gone. He had no further episodes of vertigo. The treatment had released the pressure in the inner ear which had caused his vertigo, and he was a very happy client.

Please visit our website for more information – www.StructuralEnergeticTherapy.com. You may also contact me through that site with any questions you may have.