

SET TALK

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Unlock Your Potential for You and Your Clients

I have spent almost 34 years in love with what I am privileged to practice daily. Working from my heart while making a significant difference in the lives of my clients has been more rewarding than anything I could ever have imagined.

I don't think this would have happened had I not been drawn to the rehabilitation of the structural conditions of my clients that were responsible for their pain and dysfunction. When I started my structural work 33 years ago I was using a 10 session series for all my clients, regardless of their presenting symptoms. However, my desire to address my client's needs from the first session was responsible for looking outside the 10 session series, searching for a way to rehabilitate the structural imbalances while paying attention to each individual needs and pain. My clients were my teachers – listening to their complaints and symptoms, and paying attention to the structural imbalances related to their complaints, showed me a how I could work to release and balance the structure in the area of pain and then bring the rest of the entire structure of the body into balance to support. I used body reading and structural kinesiology (muscle testing) to determine the most appropriate muscles and soft tissue to treat for initial pain relief.

I realized that this spiral or core distortion was significant in everyone in pain. I was also observing that people who were not in pain also had the same spiral with a lesser degree of distortion. From these two observations it became clear that when this spiraling core distortion, which was present in everyone, increased to a greater degree of distortion, painful symptoms within the soft tissue and degeneration of spinal discs, ligaments and cartilage started taking place. It was time for me to start looking for an answers and techniques which could prevent my clients from falling into structural collapse and pain.

Since this structural collapse of the core distortion took place in the entire body, I needed to find a solution to bringing the entire body into weight bearing support. Kinesiology again provided answers by revealing muscle groups associated with the distortion that would test at 50% or less of strength. These groups of muscles were in strain patterns and were consistent with the weakened areas of the spiral and distortion. Working specifically with these weakened strain patterns could have a direct affect on releasing the core distortion and strengthening and balancing the body. Since it became obvious that

everyone had some degree of this distortion, those who were experiencing painful symptoms were in a structural collapse of the core distortion and had the most severe degree of distortion with significant and weakened soft tissue strain patterns. The clients who weren't yet experiencing pain still had the spiral core distortion with the same strain patterns in the muscle groups as those the structural collapse of the core distortion, but to a significantly lesser degree. This was easily confirmed by muscle strength and function.

As the structure became more balanced, muscle strength and function dramatically improved. The activities of all my clients were more effective and efficient when the strain patterns were reduced. As the strain patterns were released through structural balancing there was also a significant increase in their performance potential. The only drawback was that these changes were only temporary and people often would again fall into the structural collapse of the core distortion over a period of time due to any number of life experiences such as stress, accidents, illnesses, aging, emotional trauma, etc. Then the process of releasing this distortion would often have to start over again, sometimes taking longer due to the fact that the compromised tissues would have more difficulty maintaining the structural improvements.

What was missing was a component of support for the structural core. One of the most difficult long term changes to achieve was to **create support for balancing the body by getting rid of the weight bearing separation between the sacrum and ilium** due to the left anterior and right posterior rotations of the iliums resulting in a tippage and slippage of the sacrum. No matter how much of the strain pattern in the muscles was released, eventually the iliums would fall into the right and left rotations again and the sacrum would slip and tip. For some clients this meant a return to the pain and dysfunction of the structural collapse of the core distortion. For others it simply created more strain patterns and reduced their physical potential, while setting them up for even further structural collapse and injury.

There needed to be a way to stabilize the relationship of the iliums and sacrum on a long term basis. Soft tissue work alone was not capable of doing it; neither was chiropractic or other structural treatments. Even combining components from all the above was not able to achieve long term support. The search continued. The renewed interest in cranial work revealed distortions in the cranium that related directly to the inability of the iliums and sacrum to provide support. Dallas Hancock DC discovered that the cranial bones were limited in movement due to soft tissue restrictions within the cranium. He then discovered that releasing these soft tissue restrictions released the restricted movement of

the cranium, which in turn released the rotation of the iliums bringing them and the sacrum into weight bearing support. Over the years Dallas and I developed the series of cranial releases that I use today to achieve this weight bearing support long term. I then integrated these into my soft tissue protocols. This had a profound effect on stabilizing the structural collapse of the core distortion, and the soft tissue work on the rest of the body was measurably more effective.

This weight bearing support of the iliums and sacrum creates a level base for the spine significantly reducing its distortions including scoliosis. It also significantly reduced the spiraling distortion all the way into the feet and up to the head. The strain patterns that existed within this core distortion were dramatically strengthened making all the work in the soft tissues of the strain patterns more effective, last longer, and having less resistance. Whether clients were in pain from the structural collapse of the core distortion or just wanted greater performance potential out of their bodies, the treatment began with these cranial techniques that would release the cranial core distortion. These releases were called the Cranial/Structural Core Distortion Releases and became integrated into the body of knowledge that was developing called Structural Energetic Therapy®.

Utilizing Cranial/Structural techniques before treating the soft tissue strain patterns changed the way the old structural patterns were held in the body. Cranial/Structural Core Distortion Releases initiated the unwinding of the old myofascial holding patterns that were locked in the strain patterns resulting in the body moving out of the distortion and into support. This made the soft tissue myofascial work easier for both me and the client, and the combination of Cranial/Structural techniques and soft tissue therapy was much more effective in decreasing the pain and maintaining structural balance long term. Even years later clients were no longer in the core distortion pattern. This was long term rehabilitation at its best, and extremely rewarding for me!

Athletes who received these treatments not only realized long term rehabilitation from their injuries, but noticed remarkable improvements in their athletic performance. These improvements were measurable in strength and flexibility, as well as new personal best times for runners, and participants in triathlete and ironman competitions. Kinesiology is used before and after the application of the Cranial/Structural techniques, and athletes are amazed at the improvement in their overall muscle strength. There is an incredible, observable, and usable improvement in strength and flexibility.

Many clients who go through the medical community have trouble finding a plausible explanation for their symptoms and are still in pain. When they are treated

with the Cranial/Structural techniques in the first session, followed by soft tissue therapy, they feel significant changes in their bodies and their pain is greatly diminished. These clients now have hope for getting back to their lives pain free, rather than just “managing” their pain. They also experience an increase in performance potentials. The quality of their lives is greatly enhanced by these new unlocked potentials.

Cranial/Structural is a “golden nugget” for therapists. This is the signature technique of Structural Energetic Therapy® which integrates Cranial/Structural techniques with advanced deep tissue myofascial rehabilitation.

At the FSMTA convention in July you will have an opportunity to learn more about both Cranial/Structural and Structural Energetic Therapy®. I will be presenting a workshop on Unlocking your Sports Potential. You can also stop by our exhibitor booth for a complimentary Cranial/Structural release and an opportunity to find out more about how to unlock your potential as a therapist through Structural Energetic Therapy®.

Please visit our website for more information and workshops – www.StructuralEnergeticTherapy.com. You may also contact me through that site.