

## SET TALK

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### **An Opportunity to Realize the Potential of Treating Children**

It's interesting – here I am writing an article for the *Massage Message* just before Thanksgiving that won't be published until January. This time of year presents some wonderful opportunities for reflection and gratitude – Thanksgiving is a time to be thankful for all the wonderful blessings of the past year, Christmas is a time to celebrate God's love and peace, and the New Year brings the excitement of new beginnings. With the energies of these wonderful holidays upon us it is easy to look back and see some of the highlights of the last year. With all the great opportunities to support the health and well-being of my clients, the ones I view most fondly are those when I was working with children.

The last year I have made it a point to schedule at least four children a week for treatment. Adapting Cranial/Structural and SET techniques for children has been extremely rewarding. When I first started working with children I had a limited view of what could be accomplished and how far reaching the results could be. Some children have had severe early problems and some have not. The easiest way to explain why working with children has had such a profound effect on their lives and my satisfaction with supporting who they are is to take a look at a couple of case studies..

**Case study #1:** Mary was a lively, healthy seven year old girl. Her grandmother, who was a massage therapist, wanted Mary to have the benefits of the core distortion release as soon as possible. It took some time to convince her parents that this would be an absolute gift for Mary. Once the parents saw the value of having this release done her grandmother brought her to a Cranial/Structural Core Distortion Release session. Children are intrigued with the Kinesiological testing that is done before and after this Cranial/Structural Core Distortion Release. Before the core distortion is released there are major muscle groups operating at less than 50% of strength and function. Two of the tests that children enjoy the most are testing the strength of each leg by holding the legs up while prone and supine, and testing the arm strength. Mary like all children was fascinated when we found her challenge point which showed us a weak test. Suddenly her arm was weak and, like most children, she started laughing. We also found a weak left leg while supine and a weak right leg while prone. In addition we had a weak left arm.

Mary was perplexed and not too happy that these weaknesses were evident. I immediately reassured her that we were going to do something to make these legs and arm strong. Mary was excited and asked me how that would affect her gymnastics. I told her that she would feel more balanced and would probably feel the difference in the strength in her body. After the application of the Cranial/Structural Core Distortion Release we went back and retested the strength of the previously weak legs and arm. Much to Mary's delight they all now tested strong. Mary couldn't wait to see how this was going to affect her gymnastics. Over time Mary's grandmother reported back to me the improvements in Mary's gymnastic development. She progressed extremely rapidly and was quickly moved up to a higher level gymnastics team that competed throughout the state. Her scores were among the highest in all her meets and she was winning with ease. I'm not saying that Mary would not have been a good gymnast without the Cranial/Structural Core Distortion Releases, but she is a much better gymnast because of them.

What took place in Mary's body during the Cranial/Structural Core Distortion Release was an unwinding of the rotation of the iliums, legs, spine and shoulders and arms. In effect, this strengthened her structure and, unlike other children her age who had not had the core distortion released, the support and balance in her body now became realized potential in her performance. With this support and balance and muscles operating at full strength, athletically she is able to perform at a much higher level than if strength and function were reduced 50% by the distortion that all children have from the core distortion.

An added bonus is that this strength and balance have also prevented her from becoming injured, and currently, at age 11, she has not sustained a single injury where almost all the other children in her competitions have over the years. When we look at just this aspect most of the children in her gymnastics competitions who have sustained injuries to their spine and joints now have further limitations in their ability to perform and to continue as gymnasts. When we view the careers of most gymnasts we see that they accumulate injuries rapidly and many by the age of 18 or 19 have back and joint injuries so severe that they will be limited for life. By having the strength, function and balance to avoid most injuries Mary will have a much longer career and hopefully not end up with debilitating injuries that will affect her ability to function later in life as an adult, whether it be childbirth, raising a family, or whatever activities she chooses to do.

**Case study #2:** Jerry, a seven year old who sustained brain damage from a severe case of meningitis at the age

of two, was brought to me by his mother who had heard that Cranial/Structural work might help Jerry in his ability to concentrate and behave at school. I used kinesiology in his initial evaluation and he hated having weak legs and a weak arm. One reason he gave was that one of the boys who had been bullying him at school would be able to continue pushing him around. Jerry's mother sitting could only sigh. After the core distortion was released Jerry was thrilled when his legs and arm tested strong. He could only imagine how strong he was going to be at school. His brain damage created additional adhesions and lesions that restricted some of his cranial motion so more than one session was needed. In additional sessions I did some cranial decompressions. When Jerry came back for his fourth session he reported that he was so strong nobody was pushing him around anymore. His mother reported that he just seemed stronger and the kids at school were no longer picking fights with him. In addition the reports he was getting from his teachers on his behavior were dramatically better. After six core distortion and decompression treatments Jerry received a report card with several B's and one A – previously his grades were barely above passing. His behavior was dramatically improved as well - he was now staying in his seat, was not distracted by everything, was able to concentrate, and attended to tasks assigned by the teacher. Jerry had had no other intervention other than the Cranial/Structural treatments. Jerry's mother also commented that his behavior at home was much less aggressive and at times he was actually calm and relaxed. Jerry was placed in a higher level learning class and started to excel. This was quite a change from having been in one of the slow classes where he was making very little progress in academics.

Jerry's mother felt that whatever brain damage (dysfunction) Jerry had from his meningitis was no longer a factor at all and that he was fully recovered. She now brings him in once a year for a tune-up and he is doing just below gifted work. It is obvious that whatever disability Jerry had left from the meningitis became inconsequential. When the core distortion was released from his cranium and body he was able to function with a greater degree of strength, flexibility and balance which is typical of all children who receive the Cranial/Structural Core Distortion Release technique.

All children are born with the imbalances from the core distortion in their cranium and full body structure. This is a limitation that most have for life which robs them of achieving full potential. Furthermore, if this distortion is not released allowing the iliums, sacrum and spine to move into balance, then for the rest of their lives they continue to sink further into this distortion and develop further limitations. This is a source of approximately

90% of all musculoskeletal problems. Scoliosis and degenerative disc disease are just a few of the collapse syndromes that we see when this is untreated. If this distortion can be released in children this progression into further distortion is halted and their lives will look much different with less structural degeneration and significantly fewer musculoskeletal problems.

From these two very different case studies we can see some very important points. First, when the core distortion is present in a child's structure they will have approximately 50% of their muscles operating at approximately 50% of their strength and function. This affects their coordination, balance and applied strength, in any and all activities they do. While the activities were very different for Mary and Jerry they both greatly benefitted when the core distortion was released, and they both became stronger, more flexible and more balanced. Second, with this positive change they both became more confident, felt stronger and were able to start applying themselves more effectively to the tasks in their lives.

If we look at Mary we can see that her potential to be a really good gymnast is being fully realized and she is not accumulating injuries that could rob her of high achievement and create significant debilitating conditions.

Jerry on the other hand already had a disability from meningitis that had left lesions and adhesions restricting his cranial mechanism and affecting his behavior and ability to concentrate. When the core distortion was released he was able to concentrate and function at a much higher level academically and was no longer viewed as impaired. The fact he was being pushed around at school also indicated that there was physical weakness that disappeared when the core distortion was released. Jerry's disabilities were rehabilitated and his potentials were able to be realized.

Every time I work with children I see opportunities for their lives to dramatically expand by releasing their core distortion. I never know the extent of how much potential is unlocked for each of them but the reports I get back sometimes make me wish that I could treat hundreds a week. Life keeps getting more exciting. If you would like to make this kind of difference in children's lives, consider studying the Cranial/Structural Core Distortion Releases techniques – this could open many doors for the New Year.

*Please visit our website for more information and class schedules – [www.StructuralEnergeticTherapy.com](http://www.StructuralEnergeticTherapy.com). You may also contact me through that site with questions.*