

SET TALK

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Structural Alignment, Height and Health

Over the years the Cranial/Structural Core Distortion Release has been applied on thousands of people. In all instances there have been significant structural changes which usually result in relief of acute and chronic pain, increased physical potential, and improvement in posture. The effectiveness of the Cranial/Structural Core Distortion Release lies in the fact that it releases the collapse of the core distortion (the cause of 95% of musculoskeletal pain and dysfunction) by bringing the structure into weight bearing support. The increased balance of the structure brings the muscle/bone lever relationship into balance so that muscles can function with full strength and range of motion.

This is important because when the structure is in the core distortion the muscle/bone lever relationship is out of balance which reduces strength and effectiveness of the muscles by approximately 50%. This creates what we call strain patterns. The muscles in a strain pattern must work much harder to do their appointed task and are much more susceptible to injury. By correcting the muscle/bone lever relationship these strain patterns are rehabilitated to their full muscle strength and flexibility resulting in dramatic increases in potential.

The core distortion has within its imbalances a anterior/posterior rotation of the two iliums and a tippage of the sacrum which results in a tilted base for the spine. When the support for the spine is not level the curvatures of the spine become exaggerated and substantial pressure is placed on the discs and connective tissue leading to degeneration, injury, and collapse. After the Cranial/Structural Core Distortion Release is applied this imbalance between the iliums and sacrum is brought into weight bearing balance and support which allows the curvatures of the spine to begin to straighten taking the pressure off the discs and connective tissue.

There is also an improvement in posture and a measurable increase in height. The minimum height increase seems to be $\frac{1}{4}$ ". Often we measure groups of students in our classes and have noticed that the increases in height range from $\frac{1}{4}$ " - $\frac{3}{4}$ ". When treating people with scoliosis and osteoporosis the increases in height have been as much as 3". This occurred in a client with severe osteoporosis. Scoliosis clients usually gain 1"- 2" as the curvatures of their spine unwind with the leveling of the sacrum. Obviously, releasing the distortion of the rotation of the iliums and the tippage of

the sacrum to bring the pelvis into weight bearing support is most important for osteoporosis and scoliosis clients. The application of the Cranial/Structural Core Distortion Release brings the sacrum/ilium relationship into balance which allows the straightening of the spine, the reduction of pressure on discs and connective tissue, the strengthening of the musculature to support the new structure, and the overall postural improvements including height increase.

The increased height can be very important. It is sad when an elderly people with osteoporosis reach the point that they have difficulty driving because of the lost height. The gain in height can also have benefits for people in other areas of life when there are height restrictions for some jobs. I had a client who wanted to be a flight attendant where the minimum height was 5'1". She had passed all her qualifications except height and had been turned down because she was only 5'3/4". She was told that she could have one more opportunity to qualify but that it was highly unlikely because she was just too short. After applying the Cranial/Structural Core Distortion Release her height was 5' 1 1/2" so she was able to pass her physical to become a flight attendant. However, it was not without disbelief by the doctors and significant questioning as to how this could happen. Fortunately the measuring stick didn't lie.

In the aging process most people lose significant height which has always been attributed specifically to loss of bone and compression of disc. However, after the application of the Cranial/Structural Core Distortion Releases the height increases. What becomes obvious is that as people age a major contributing factor to the loss of height is the collapsing of the body further into the core distortion. The tippage of the sacrum and curvatures of the spine increase which is as responsible for the loss of height as the loss of bone density and compression of the discs.

Clients are always amazed when measured after the application of the Cranial/Structural Core Distortion Releases to have gained height that they thought was permanently gone. Even more important is that the probability of losing even more height has been halted. They are able to maintain their height and structure rather than continue to sink further into the core distortion and further loss of height. They report feeling better about themselves with their more erect structure, having more energy, and feeling younger. With this new vitality they also report better flexibility, and a renewed desire to participate actively in physical activities such as dance, walking, swimming, golf, to name a few.

Another significant benefit of the reduced curvatures in the spine is the pressure on discs is equalized across the

entire flat surface of the body of the vertebrae. This slows down the degeneration of the discs and takes pressure off areas that are extremely thinned due to excess pressure from the curvatures. When this happens the arthritic spurring and lipping that takes place due to these excessive pressures becomes less significant resulting in less irritation and inflammation along the spine. With this reduction of inflammation and irritation the process of lipping and spurring slows down or ceases. Clients have less pain and the degenerative process that was taking place diminishes, sometimes stopping entirely.

The desire to be more physically active naturally increases as it is much easier to be more mobile when pain and inflammation are not a constant deterrent. One of the most important things that clients can do to ward off osteoporosis is to keep active doing weight bearing exercises. When their spine is more supported they have more strength, more vitality, more energy, less pain and inflammation, a greater range of motion and flexibility.

If we look at chiropractic philosophy and the concept that an aligned spine is necessary for homeostasis and full function of the organ system, then it becomes obvious that there are many more benefits of maintaining the correct alignment of the spine. The Cranial/Structural Core Distortion Releases release and mobilize the soft tissue restrictions that restrict the movement of the cranial mechanism which brings the ilium and sacrum into weight bearing support and balance. This provides a level base for the spine so the curvatures are reduced allowing the spine to maintain the correct alignment, which is what chiropractic adjustments seek to accomplish. The difference is, by releasing the soft tissue restrictions of the cranium to release the core distortion in the body and bring the ilium / sacrum relationship into weight bearing support, the results are significantly longer lasting than what is normally achieved with chiropractic manipulation of the spine. Thus, all the health benefits and homeostasis that occur when the spine is aligned are longer lasting after the core distortion is released with the Cranial/Structural Core Distortion Releases.

An obvious example of the benefits of maintaining the proper alignment of the spine is the severe collapse of the spine such as osteoporosis. When the spine is severely collapsed many of the organ systems are barely able to function and the health of the client rapidly declines. Some of the common problems that elderly clients with osteoporosis have are compression fractures, difficulty digesting, difficulty eating, fluid backup in the heart and lungs, difficulty urinating and difficulty defecating. Some of the elderly experience health crises involving the organs that are compressed because of

osteoporosis. One of my clients had been given less than one month to live. She had congestive heart failure and only weighed 76 pounds. Through a series of treatments using the Cranial/Structural Releases and soft tissue protocols she gained several inches in height and the ability to eat and digest food again. The fluid in her heart and lungs diminished and the crisis of her congestive heart disease was averted to the point that she lived another couple of years. She was not in severe pain or starving during those years, was able to regain 15 pounds and became more active with a better quality of life.

As you can see, being able to maintain the proper alignment of the spine by bringing the pelvis into balance not only results in an increase in height, but is very important for vibrant health and maximizing the quality of life. This article has discussed some of the more severe collapses that can take place in the spine, but everyone can benefit with the Cranial/Structural Core Distortion Releases because once this core distortion is released it does not return. What an opportunity for you as a therapist to integrate these life changing techniques into your soft tissue treatments.

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