

Seminar Reference Cards



1 Breathing Strategies



When we become tense our breathing can become increasingly shallow which causes us to move from diaphragmatic breathing (belly breathing) to chest breathing which is a much less efficient method of bringing oxygen into the lungs. Using simple conscious breathing exercises like the ones listed below can help calm the breathing which in turn can help to calm your brain and your muscles.

Diaphragmatic Breathing

- Place one hand on your chest and the other hand on your abdomen. Breathing with the diaphragm will raise the hand on the abdomen as the lower part of the lung expands. Visualize a large ball inflating in the abdomen.

- Breathe slowly and deeply into the diaphragm, then slowly exhale. If you are having a difficult time, try to perform several large chest breaths and then switch back to the diaphragmatic breathing.

Square Breathing

- Breathe out completely
- Inhale, exhale & hold for equal amounts of time

Inhale	2	3	4
Hold	2	3	4
Exhale	2	3	4
Hold	2	3	4

2 Contrast Therapy



The body always works to maintain stasis or balance. That is why you sweat in the summer for evaporative cooling and shiver in the winter to generate heat. Understanding the body's need for stasis can help you when using heat and cold in your self care. Why? After 15-20 minutes you end up with converse effects with heat and cold. Heat initially brings more blood to the area, and cold initially reduces the circulation to the region it is applied to. But after 15-20 minutes an interesting thing begins to happen. The brain wises up and the effects are reversed to maintain stasis. To get around that process, many trainers use a simple technique called contrast therapy, which consists of alternating heat and cold. My clients usually find this method of contrasting heat and cold to be much more helpful than using either heat or cold independently.

Bony Regions			Bulky Regions		
Knee, Wrist, Elbow, Ankle			Hips, Back, Glutes, Hamstrings		
5H-5C-5H			10H-10C-10H		
5 Minutes Heat	5 Minutes Cold	5 Minutes Heat	10 Minutes Heat	10 Minutes Cold	10 Minutes Heat

Avoid Further Pain or Injury

Intense heat or cold can burn your skin. Always put something between your body and your compress. Dish towels work great.



Muscles that are pliable are less prone to spasms which result from reduced oxygen levels in muscle tissue.

Know yourself. The best time to stretch is when you will take the time to do it.

Work up a sweat. You will receive better flexibility gains, injury prevention, and greater overall results from your time stretching.

Relieve general fatigue and stiffness	Frequency is most important. Make stretching a habit in your daily routine.
Rehab an injury or make flexibility gains	Stretch when muscles are warm. Muscles are more pliable after you work up a sweat and warm them up.



Relax. Respiration. Regular.



Relax. Your body should be relaxed when you stretch. Only stretch as far as you can while keeping your jaw, shoulders and other body areas relaxed and calm.

Respiration. People who hold stretches for seconds or minutes tend to hold their breath restricting the muscles ability to relax. The alternative is hold stretches for a number breaths to ensure tension-free stretching.

Regular. Muscle tension is best interrupted as the day progresses with periodic simple movements. Start with a simple regimen you can maintain with consistency before engaging in a more detailed program.

5 Referred Pain



It usually begins with a question as I apply pressure to a tender knot in the hips. “Is it possible that I feel that in my foot?” Often clients are a little embarrassed to ask me the question as they think I may question their sanity.

Referred pain is a pain or sensation that is felt distant from the area being treated. It is common for trigger points in the hips to refer pain down the thigh and leg, and for trigger points in the trapezius muscle on top of the shoulder to refer pain up the side of the neck into the temporal area. A striking example of referred pain is phantom limb pain in which a person who is missing part or all of an extremity struggles with pain in the very part that is absent.

In describing referred pain to clients I use the

example of pinching a dog on the tail as it barks way at the other end!

Being able to locate trigger points that refer pain to a distant area or that recreate a pain previously felt is generally considered a good sign that there is a muscular component of the client’s symptoms. Usually, as sessions progress and the tissues become more pliable and oxygenated the referred pain sensations begin to subside. It helps for clients to understand referred pain so they can better understand why therapy techniques may be applied to areas distant from their symptoms.

Therapists are also wise to understand referred pain patterns as well to insure they are not neglecting trigger points that may be causing symptoms elsewhere.

Keep a Journal

There is only one organ that can maintain muscular tension in the absence of pathology. The brain. Scientists speculate that repressing painful emotions raises the levels of stress chemicals in our bloodstream. These chemicals, in turn, suppress the body's disease-fighting immune system. What we resist, persists.

Try This. For seven days, set a timer for five minutes and write down feelings you either don't want to admit exist within you or that you would not want anyone to know you are feeling. At the end of the week do you notice any physical changes or common themes?



take a pen & paper & call me in the morning.

Journal Resources

www.journaltherapy.com

Journal to the Self by Kathleen Adams

Implementing Trigger Point Work



Which muscles should I relax?

Muscles often refer pain to other areas, so your area of pain may not be where the offending trigger point is located. It's best to relieve trigger points in all muscles surrounding the area of discomfort.

How much pressure should I use?

Only use as much pressure as can be comfortably tolerated. If the pain of pressing on the trigger point is causing you to hold your breath the pressure should be lessened. On a scale of one to ten, the pain created by pressure should not go higher than six or seven.

What is the technique of the pressure?

Apply pressure, slowly, until the appropriate level of pain is reached, then hold for 5-7 seconds. Finally, slowly release the

pressure. After pressing on three to five trigger points, gently massage the area to remove any lingering discomfort.

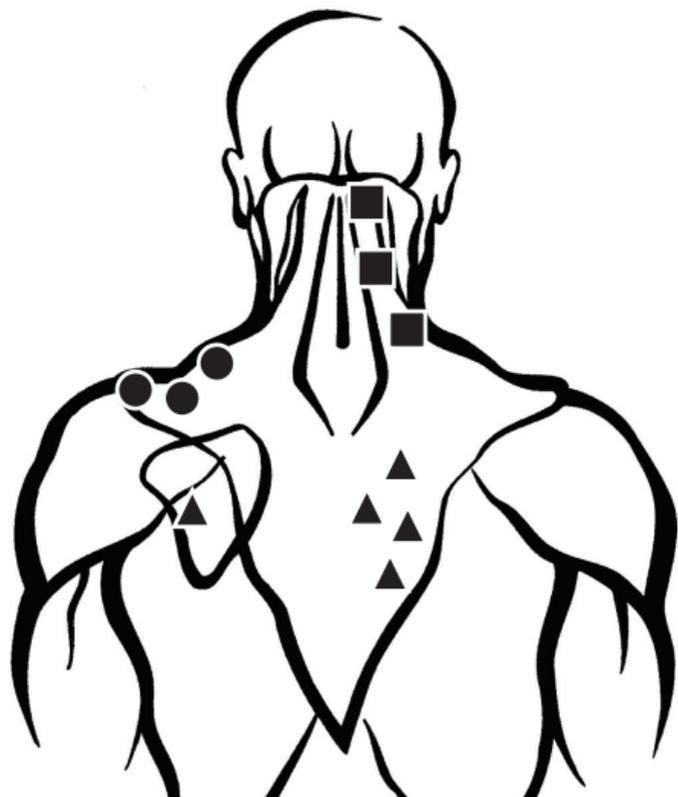
How often can I work on trigger points?

It's best to allow 24 hours in between sessions, drink additional water and take a hot shower after working trigger points to prevent excessive or lingering soreness.

Increase the Effectiveness of Trigger Point Work

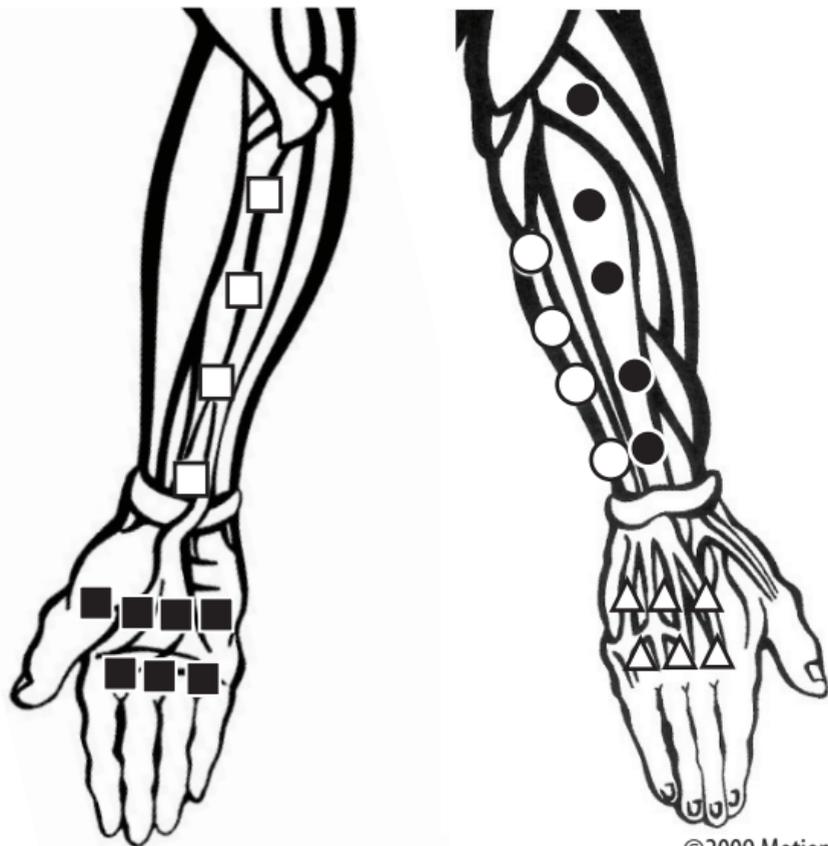
Before Session	After Session
Warm the muscles up with resistance exercises. This will make the work more effective.	Perform stretches that correspond to the targeted area, to retrain the muscles immediately after they have been relaxed.

8 Trigger Point for Upper Back & Neck



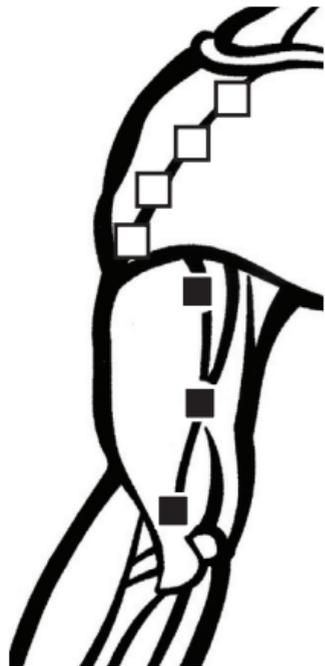
- Posterior Neck
- Trapezius
- ▲ Scapula

Related Stretches	Pages
Neck Series	14
Seated Neck Stretch	16
Arm Cross Stretch	20
Arm Swing	22
Shoulder Rotation	24
Backstroke	30
Rounded Shoulder Stretch	38
Thread the Needle	40
Cat Back	36



- Anterior Forearm
- Hand - Palmar
- Posterior Forearm
- Posterior Forearm
- △ Hand - Dorsal

Related Stretches	Pages
Shoulder Rotation	24
Backstroke	30
Bicep Stretch	44
Tricep Stretch	46
Wrist Reliever	48



□ Front Shoulder
■ Bicep



○ Rear Shoulder
● Tricep

△ Axilla
▲ Pects



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Shoulder Rotation	24
Backstroke	30
Doorway Chest Stretch	32
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11 “I am” vs “I tell myself I am”



Self-limiting Beliefs.

We often describe features of our personalities in the context of “I am.” I am smart, I am a procrastinator, I am picky. The challenge with “I am” is that you have possibly lost curiosity about your features. There are few opportunities to try on new ways of thinking, acting, and feeling in the world of “I am.” Try this. Think of a feature of yourself and instead of “I am,” try the self-talk, “I am someone who tells myself that I am (insert feature).” Is that a different internal experience? Which form of self-talk seems to invite more possibility? Which feels more confining? Do you remember when you first defined yourself this way?

Write an I am Statement

Do you remember when you first defined yourself that way?

Now, rewrite it as an “I am someone who tells myself that I am...” statement

What feels different by using the “I am someone who tells myself that I am...” statement?

Hiding Emotions in Plain Sight



Are you okay?

What is your natural response when someone asks that question? In particular, when we feel anger, fear, or some other emotion we deem unacceptable we often respond, "I'm fine." This tendency to deny the truth is very common. We often justify uncomfortable emotions by repeating the following inner dialogue: "If I keep telling myself I am not angry (or insert any other feeling), then I am not really feeling it."

This reminds me of my three-year-old year old daughter Cassidy. She loves playing hide-and-seek by going in the center of the room and putting a blanket over herself. She believes if she is hiding I can't see her. There is a saying in Zen: "Every time we deny reality we are wrong one hundred percent of the time."

What feeling do you most resist in yourself when it arises?

What do you believe it says about you if you are having this feeling?

How do you attempt to hide this feeling from others?

What evidence do you have that you are successful in hiding this feeling?

How do you feel when someone in your life "hides their emotions in plain sight?" Why?

13 Where I'm Not Free



Imagine you have a medical condition with your heart that, since birth, has prevented you from being able to fly in an airplane. Thirty years later you find yourself at a party and there is someone across the table who is talking about how he has flown all over the world, and how the greatest thing about his life is flying. How do you think you might react to this person? Do you think you would feel relaxed around this person? What level of connection might you feel to this person? Might you say to yourself, "How shallow that all he talks about is flying."

Several months later your doctor tells you that there is a new medication that will allow you to fly. You now begin flying and taking many trips. A year later you find yourself at another party and guess who is sitting at your table? Do you think you might relate differently to hearing this person

talk about flying? Might you even find yourself desiring to talk to this person about your trips and how you, too, now can enjoy flying? Who knows, you both may decide to take some trips together! Can you see how you may now relate to this person differently not because he is different, but because you now have greater freedom around the issue when years before you had none?

Write down a trait that irritates you.

What do you fear would happen if you had that trait in its extreme?

How might this trait help you if you could use it in moderation?

What could you do to claim a part of that trait for yourself?

14 You MAKE Me Feel ?



Rainy days make me sad.

When someone does something that irritates us, we often go down one of two paths. Either they are causing my upset, or I am the complete cause of my experience. Rainy days don't make you sad. Rainy days make you wet (actually, your getting wet is dependent on your unique factors when the rain falls...raincoat, inside, outside, umbrella...). The rain has a contribution to you becoming wet (you don't get wet on a sunny day), yet that is the limit of the rain's contribution. Your internal experience of being wet, how it makes you look, feel, etc., is beyond the influence of the rain.

It's important to realize that both the rain and you have a contribution to the experience, and to realize the limits of each. Next time you are upset with someone,

instead of saying "You make me angry when you...", try, "I feel anger when you..." How is your internal experience different when you move from "you make me feel" to "I feel?" How might your reaction be different if someone says, "You are making me angry right now" rather than "I am feeling so angry right now?"

Are you a "you make me feel" or an "I feel" person?

Which of the above statements requires greater accountability for your own feelings?

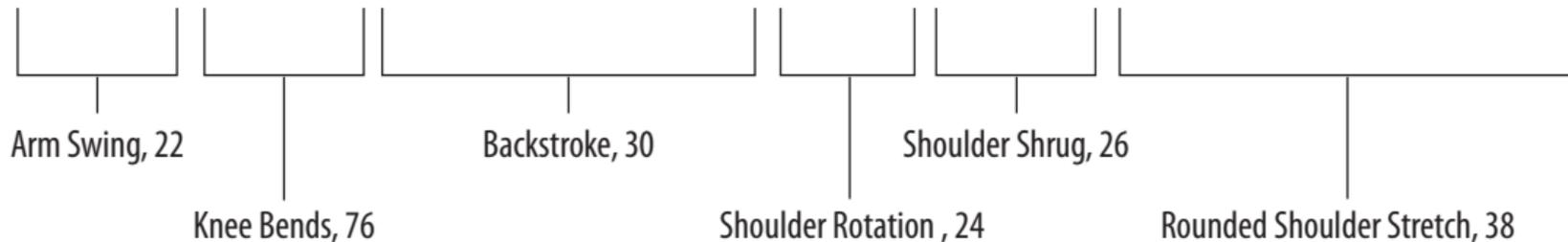
What does it feel like to be accountable for your own feelings?

Which statement would you like said to you? "You are making me angry" or "I am feeling angry?" Why?

15 Dog Story Series



with stretches from **Essential Stretches (you'll actually use)** by John Gifford



16 Resources



Pain Erasure, Bonnie Prudden

Healing Back Pain, John Sarno

Journal to the Self, Kathleen Adams

From Conflict to Caring, Jordan Paul

On Being Certain, Robert Burton

Why Zebras Don't Get Ulcers, Robert M. Sapolsky

Difficult Conversations, Douglas Stone

Don't Believe Everything You Think: 6 Basic Mistakes We

Make in Thinking, Thomas Kida

Mistakes Were Made (But Not By Me): Why we justify

foolish beliefs, Carol Tavris

consumerlab.com

pubmed.com

cochrane.org

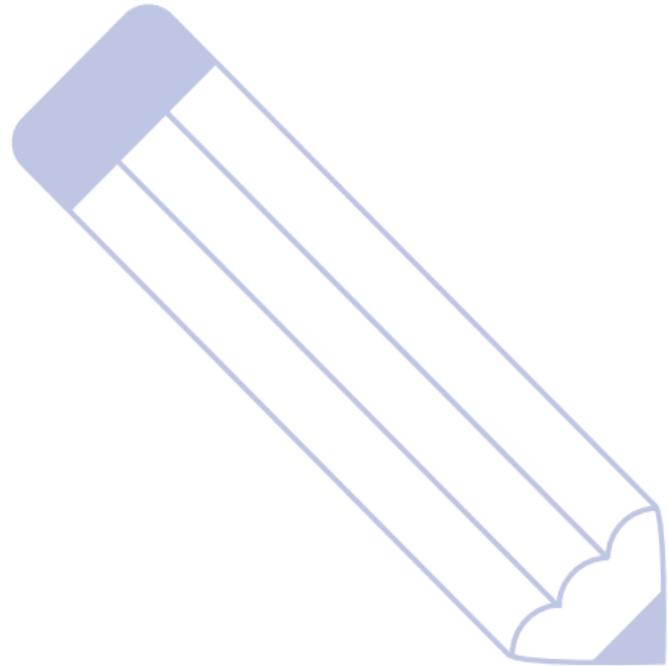
junkfoodscience.blogspot.com

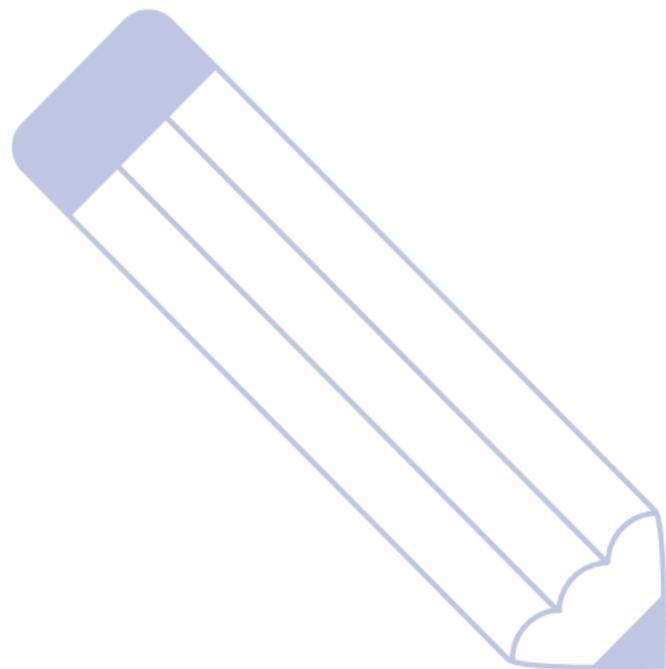
www.sciencebasedmedicine.org

sciencebasedpharmacy.wordpress.com

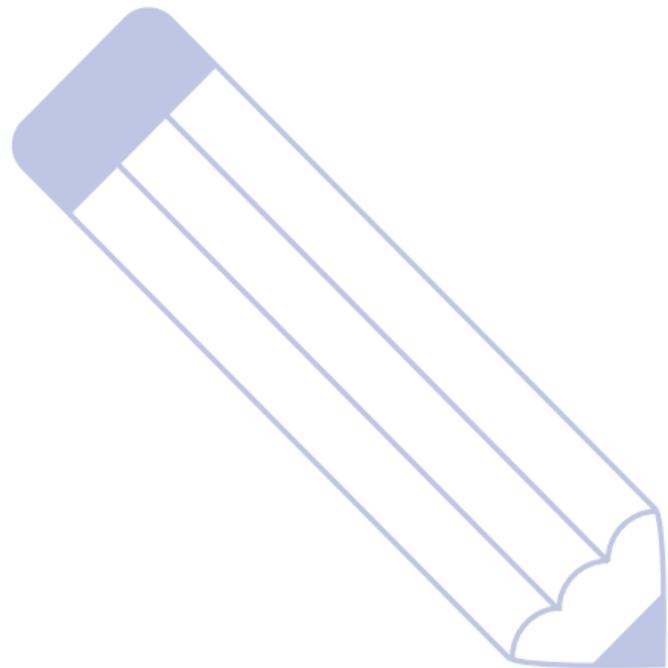
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Seminar Notes





Seminar Notes



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