

Alvin M. Tietsworth  
1606 Swamp Road  
Furlong, PA 18925

Bachelors, Masters Degree: Education & Psychology  
AMTA Director of Education, Pennsylvania Chapter 1983  
Touch for Health Instructor  
Stress Release Counselor

Summary: Results of using A.H.C. Machine for stroke,  
quadriplegic, Cerebral Palsey.  
Instructions on use of A.H.C. Machine for different  
problem areas.

Content:

1. Use of A.H.C. Machine by Massage Therapists. A summary of the results of that use.
2. Use of the A.H.C. Machine by Chiropractors.
  1. Correcting the cranial faults.
  2. Correcting Category II.
  3. Relaxing hypertonic muscles to aid correction for longer lasting benefits.
  4. Balancing of the sacral and occipital.
  5. Assisting temporal mandibular joint, cloacals and acupuncture circuits.
  6. Rehabilitating muscle functions.
  7. Aiding bowel and urinary secretions.
  8. Assisting children, such as:
    1. Stimulates cross-crawl patterning.
    2. Encourages walking gait.
    3. Assists co-ordination.
    4. Improves learning abilities.
    5. Aids in muscle damage, slow learning, gait problems, motor control and cerebral palsey.
3. Presentation of case histories to emphasize the benefits of the A.H.C. Machine.

## CROSS-CRAWL, BRAIN PATTERNING AND BODY FUNCTIONS

All of our work came from Touch for Health, it started there and stays there. We teach Touch for Health on an one-to-one basis.

Quadriplegic, stroke victims need help to exercise to inform the brain that all the limbs are there. Our Cerebral Palsey girl was taught all the techniques. All this helped the body functions.

You can work with a quadriplegic so they can stand, we've done that. It was cross-crawl exercise muscle testing to aid the brain patterning and body function.

We teach all of our people Touch for Health, never leave it. Out of Touch for Health came our work, Intension Muscle Massage, the work to assist muscles to go back to functions.

Out of all this came Alvin's work, his invention Alternative Health Care Machine. Stress, how to overcome it, we all need stress relief. The necessity of therapeutic balancing and the rehabilitative education for these muscles damaged are problems that need brain patterning cross-crawl work. They need a program that educates the brain and educates the muscle function. They can become a useful person, the need for education of the muscles for fullest function.

Systaltic movements, muscles turning off and on--the necessity for the normal turning off and on. We teach a systemic synchronization, a system of re-education of the muscle brain control system.

The Alternative Health Care Machine was designed and developed to assist in a controlled system. The exercise and rehabilitation education, the systaltic movements and most important the systemic synchronization of movement.

This machine can be used in home to help yourself with regularity. This machine can be used in home to help yourself with regularity. This machine assists stroke victims, paraplegic, quadriplegic, cerebral palsey, motor control problems and slow learners. This machine does precision timing, exercise, cross-crawl and brain patterning.

Al and Renee Tietsworth

### USES IN REHABILITATION

Information on how the Alternative Health Care Machine has been used in specific problems.

#### ARTHRITIS

Individuals really feel good about the knee, hip, ankles, wrists, shoulders and elbows after a "Gingerbread Man" treatment. They have movement without pain. The swelling leaves and this aids the movement. Those that could not lift their arms, could again to the points where they could comb their own hair. Walking up and down steps was made easier with no pain.

#### CEREBRAL PALSY

The need here is to relax the hypertonic muscles, tight ligaments and tendons. After the relaxing and relief of stress, the use of faster speeds aid the long fibers of the muscles "flight or fright" mechanism. This encourages circulation, increases mobility plus helps in stretching exercises. It also patterns in normal gait and walking mechanisms. Emotional stress relief is given also in these cases to relieve the stress and emotional problems from the disability to walk properly.

## COMA VICTIMS

The coma victim is placed on the machine with strap restraints to keep arms and legs in position for motion.

It is noted that it aids the vascular system. The exercise without gravity aids the joints, ligaments, circulation and breathing capacity changes for the better. Responses are improved as the individuals are talked to and massaged and checked out.

## INFANTS

In treating infants and children up to 4 or 5 years of age, the mother lies down on the machine. The child is given to her and is held by her while in a reclining position. As the Alternative Health Care Machine is operated, the parent and child are patterned for brain and body synchronization. Thus, the child is comfortable and feels safe and happy.

## QUADRIPLEGIC, PARAPLEGIC

First, muscle testing and kinesiological evaluation should be done. The client is put on the machine at a low speed, using a mirror as bio-feedback to stimulate and repattern the brain with body functions in a walking fashion.

The machine is then dialed to a higher speed to activate the long fibers in the "fright or flight" mechanism. The arms are placed in different positions to stimulate the muscle functions. They are cross-crawled and patterned to stimulate the lymphatics, vascular, acupuncture circuits and gait mechanisms.

Then, we retest kinesiologically to verify the muscles abilities returning. The affect is muscles coming back to usefulness - no atrophying of structures.

Quadriplegics with catheter and bag have to be emptied two, three or four times during a one-hour treatment. So, it does aid this function to the improvement of the client.

## SENILITY - MENTAL PROBLEMS

As noted, these types of clients rarely move about, or when they do, it is never in a normal walking gait. They are also shallow breathers and get very agitated.

We have found that this machine again assists the brain-muscle synchronization. This stimulates the thinking processes. They become very calm and child-like interest appears. They really like the exercise on the table and will stay on it for as long as required. The breathing changes to deeper and longer breaths. As they walk around, there is a change to better gait mechanics. It has a very calming effect. If they get a feeling of well-being, the results will be better thought processes and not the jumbled, dis-oriented way. The memory improves.

brain activity. The concentration level comes up and they feel lively, invigorated, good, etc. Reading, writing and talking comes easier. Memory improves here. There is an improvement in the visual, correlating facts area. It, apparently as we have checked (Applied Kinesiology), aids the visual inhibition. It removes the inhibition and aids them to observe and read with interest thus encouraging interest further. This also applies to Downs Syndrome.

### STROKE, KNEE, HIP, BRAIN STEM DAMAGE, MULTIPLE SCLEROSIS

The Alternative Health Care Machine brings about the synchronized movement. Using bio-feedback mirrors, they can visually see their limbs moving in the normal walking method. So, it also patterns the brain by way of visual. Here, we encourage the short and long fibers of the muscles. So, we use variable speeds.

Using the kinesiological muscle testing procedures, we first evaluate muscle structures and percentages. Knowing this, we place the arms in various positions to pattern them into the brain. We do the same with the legs, ankles and feet to encourage motion, mobility messages bio-feedback to the brain. We stimulate gait reflexes. The motion encourages circulation of the blood and lymphatics to the areas. With the patella moving in a normal manner (with gravity off), it also encourages the ligaments, tendons, fascia and cartilage. This will aid in keeping the lubrication, which is vital.

Kinesiological testing is then done to continue verifying that the muscles are improving. As each muscle structure shows strength, we teach them to exercise them. We have various techniques using objects or other aids around the home. Family or others assist them between visits. We encourage self-help working on the personal level as soon as they can. The machine encourages them to keep mentally alert, aids speech and improves in general.

Many of our stroke cases talk about the feeling of motion and how good it is. The flexibility, easier movement of legs, hips and arms and the relaxing of the claw-like hand are visible. There is improvement in seeing better, clearer thinking and feeling of happiness.

The Multiple Sclerosis victim talks about the feeling afterward that the legs are walking normally. Stiffness in the hypertonic areas are relaxed. The groin, hip, ankle and knee areas feel tingling and warm.

Bladder improvement has been noted. Also, the movement of oedema in the tissues. The lymphoedema leg and the circulation of the lymphs improved 90%.

Video tape documentation is available upon request.