

THE USE OF  
ACUPRESSURE AND ACUPUNCTURE  
IN  
SPORTS

BY

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More and more people are interested in taking greater control of their lives. One significant way to be in control is to be more informed and to take the actions necessary to improve any given situation.

One area of our lives where many people are taking more responsibility is health maintenance. By engaging in physical activities, people are learning to promote their over-all well-being. This can be shown by the great interest in aerobics, physical fitness classes and participation in sporting activities.

We can see that greater numbers of people are participating in individualized sports. According to the Nielson survey for the years 1979 to 1982, the participation in most individualized sports increased. Skiing, for example, has increased almost 30% from 1979 to 1982.

Merely by reading this article you have demonstrated a concern for your physical well-being. In addition, many of you may have made a further commitment by participating in regular programs of physical activity. The next step would be a willingness to explore all options that could improve your health and state of mind.

In my practice as an Oriental Medical Doctor, I have observed the importance of exploring alternatives. My patients and I have discovered that achieving and maintaining health seems to be the result of a willingness to explore every legitimate option and making choices that meet our individual needs. I have seen that those who want to take responsibility for their health by trying new

alternatives seem to get well faster and perform better in their profession and sport activity.

Among the newest health care options available are massage, acupressure and acupuncture. It is interesting to note that in reality these techniques are among the oldest known to man and have been safely and successfully used for thousands of years.

Massage has probably been used since the beginning of civilization. Documentation in ancient Indian and Chinese texts point to its usefulness. Among the ancient Greeks, Herodotus and Hippocrates left behind detailed descriptions of massage. In fact, the Greeks prescribed it not only for patients but also for their athletes.

For many years communist block countries have advocated the use of massage to improve flexibility and circulation. In Europe many world-class athletes use massage as a regular part of their training program.

More recently medical studies have shown that massage can speed recovery of injury, improve relaxation, flexibility, utilization of body nutrients, reduce muscle soreness and even improve athletic performance. Allan Ryan, editor-in-chief of The Physician and Sports Medicine Journal states in his article, "The Neglected Art of Massage" in December 1980, that "massage before exercise apparently improves muscular performance". Another article in this month's issue of the American Health Magazine, entitled "Try Mary Decker's Legsaver Massage", provides information about how this Olympic ath-

lete uses massage as one of the techniques to maintain her ability to perform so successfully.

If you want to get more information on massage in general, the following book should prove informative. Healing Massage Techniques: A Study of Eastern and Western Methods, by Frances M. Tappan. For the more serious athlete or sports player the following book will assist you in learning how massage can prevent injury and improve sport performance. Sport Massage by Jack Meager and Pat Boughten.

Acupressure which was developed by the Chinese is merely applying pressure to acupuncture points. This method has also been used in many other countries. For instance, the Japanese call this technique Shiatzu.

Acupressure massage can reduce pain and produce an improvement in circulation, flexibility and muscle function. Many people prefer to use acupressure because it produces quick results, it is easy to learn, and unlike body massage, it is much easier to perform on one's self.

Acupressure can be used for many types of body ailments. For example, menstrual problems can affect not only a woman's life but also her participation in exercise or sport activities. An excellent article in, The Physician and Sports Medicine Journal of March 1981, called "Acupressure Massage to Relieve Menstrual Cramps", explains acupressure's effectiveness for this condition and demonstrates how to apply it.

Since injury causes pain and restricts body motion, the physical fitness enthusiast will find acupressure helpful since it can reduce pain, improve circulation, and muscle function and thus help to promote the healing process. Because most sports activities involve frequent use of the legs, they are prone to injury. Two articles in Runner's World, written by Don Monkerud will be of special interest to those that want to prevent injuries and enhance their athletic performances. The first which appeared in December 1976, is entitled "Put Your Health in Your Hands". This article discussed the use of acupressure by Dr. Leroy Perry for the most common running injuries (knee pain, shin splints, achilles tendon).

Later in August of 1979, another major article entitled, "Putting Your Finger on the Source of Pain", noted authority on acupuncture and acupressure, Ronald Lawrence, M.D., explained that the use of acupressure on the skeleton could relieve pain and promote circulation and healing. These articles simply emphasize that acupressure is an option that an athlete or anyone can use as part of an overall health maintenance program.

A recent example of the use of acupressure to heal athletic injuries was mentioned by Kerry Lynch, a United States nordic combined skier at this year's Winter Olympics in Sarajavo. He gave credit to his acupressurist who helped in the rehabilitation of his knee which allowed him to successfully compete in the Olympics. Those that are interested in learning more about acupressure should

read Dr. J..V. Cerney's book, Acupressure-Acupuncture Without Needles (The Miracle of Chinese Healing Through Fingertips).

Also another popular book is, Finger Acupressure by Dr. Pedro Chan.

Acupuncture is another healing technique available to you, but remember it is a technique that should be administered by only a trained licensed professional. Acupuncture mainly includes the use of extremely fine needles, heat, electrical stimulation and tapping to stimulate acupuncture points on the body.

Like massage and acupressure, acupuncture has a long history of use. Scholars have discovered what appears to be the first fully documented use of acupuncture in the medical classic, entitled "The Yellow Emperor's Canon of Internal Medicine". This book first appears before the time of Jesus Christ, however, the Yellow Emperor referred to in this book was probably Huang Ti, an Emperor in China whose reign dated from 2,700 B.C.

It is estimated that one-third of the world's population currently receives some form of acupuncture. At the 1983 World Championship Games in Helsinki, Finland, acupuncture was used. The world watched as Japanese Acupuncturist, Hiroshi successfully treated Willy Gault, the American Team Sprinter.

Many other professional athletes have turned to acupuncture to obtain relief from sport injuries. Some of these athletes include football great Roman Gabriel, Raider wide-receiver, Cliff Branch, plus Dan Pastorini and Anthony Davis of the Houston Oilers, and Terry Bradshaw of the Pittsburg Steelers for relief of his ailing

throwing arm. Jonathan Byer, the only cyclist from America to qualify for the Tour de France bicycle race, jumped from 24th place in 1982 to 12th place in last year's competition. He gives credit to his acupuncturist. "It is the first time I have been able to really relax at night", Byer explained, "and it enables me to start out each day in a condition that has been impossible" (before acupuncture).

The use of acupuncture as a treatment to enhance performance has been a new and exciting area of research for Whit Reaves CA., O.M.D. (Certified Acupuncturist and Oriental Medical Doctor). He has recently used different acupuncture points on sprinters to determine their effect on running speed. Dr. Reaves found that certain acupuncture points proved to be more effective both for increasing speed and improving the subjective feeling's of the sprinters. He tentatively concluded that "acupuncture correctly applied on a well conditioned athlete could increase the effectiveness of the muscular system and thus enhance performance.

There are many books on acupuncture that will provide you with information on how it works, what it is used for and how it may benefit you. An excellent easy to read paperback to acquaint you with acupuncture is entitled, The Healing Needles by Charles Ewart. For an even more detailed account on how acupuncture works, read Acupuncture for Americans by Dr. Louise Wendel. This book will explain the many uses of acupuncture plus how acupuncture can improve conditions like arthritis, bursitis, backaches and tennis elbow.

Another book, entitled Hit Medicine by Bob Flaws will be most helpful for trainers, coaches and medical practitioners already acquainted with acupuncture. This book gives specific and detailed information on the use of acupuncture related techniques for athletic injuries and improved sports performance.

Massage, acupressure and acupuncture are options available to everyone. These techniques can be of particular use to athletes in maintaining health, healing injuries and enhancing performance.

Always remember that the choice is yours. Take advantage of the opportunity to participate in your own health care.

For a more complete bibliography on massage, acupressure and acupuncture, send a self-addressed stamped envelope to: Dr. David J. Nickel, O.M.D., Acu-Health Care Clinic, 6322 Vesper Avenue, Van Nuys, California 91411.



HOMOLATERAL MUSCLES-MERIDIAN BLOCKAGES TO LEARNING  
Paul E. Dennison, Ph.D.

Dr Dennison believes that dyslexia and other disabilities are symptoms of dis-integration, or the failure of the various parts of the brain to work synergistically, as one whole. He is the founder of Educational Kinesiology or EK which is that branch of kinesiology which teaches us how to relearn critical developmental experiences with the whole brain, as Nature intended, thus eliminating much stress in our lives.

ABSTRACT

This paper will discuss the significance of cross-crawl in our neurological development, present an hypothesis to explain the failure of cross-crawl as traditionally practiced to always be therapeutic, introduce the concept of "homolateral muscles" and review the correction procedure known as Dennison Laterality Patterning which is making cross-crawl therapeutic for all people.

Cross-crawling, or patterning, has been recognized for years as a technique to restore neurological functioning when there has been severe brain damage. It has been proven effective in vision training as practiced by developmental optometrists as well. During the 1960's, Drs. Doman and Delacato announced that, in addition to reversing brain damage, children in their patterning program could learn to read better as well. Crawling instantly became popular at many schools across the nation. Unfortunately, educators could not replicate these findings with children in the classroom, and crawling and other movement experiences were relegated once again to the physical education departments.

Cross-crawling has obviously helped many people and it has disappointed countless others as well. Crawling should be the most perfect brain balancing exercise, and, theoretically it is. Since it requires both cerebral hemispheres to be activated to complete the crawling step, each brain operating the opposite side of the body, the more one crawls, the better integrated and balanced he should become. However, the human nervous system is not quite so simplistic. Because of its unique ability to study the relationship of movement and brain function with muscle testing, Educational Kinesiology is now able to explain why cross-crawling has helped some people and not others, and why crawling in the classroom has proven unreliable as an educational tool. Further, E K research into cross-crawl has resulted in a correction procedure, Dennison Laterality Patterning, which, if practiced as taught in E K Basic Seminars, makes cross-crawl the effective tool that it should be in balancing the brain for improved academic performance as well as for physical, mental, and spiritual health.

HOMOLATERAL MUSCLES

Crawling seems only to be of therapeutic benefit to those who learn it early, in infancy, before the left-brain develops its sense of conscious awareness. When people who crept and crawled as babies cross-crawl they test right-brain dominant for the movement of their bodies, freeing their left-brains to learn new things. When people learn to crawl later in life, they tend to be too aware of their bodies and test left-brain dominant for the movement, unable to access the right-

brain to take over this action once it is mastered.

When a person tests right-brain dominant for crawling, his indicator muscle will test strong, suggesting that hemispheric integration is taking place. When a person tests left-brain dominant, his indicator muscle tests weak, indicating that hemispheric integration is failing to take place and that his "mental fitness" energy is being diminished. We call the former people "heterolateral" or "bi-lateral", indicating that both sides are operative, and the latter people "homolateral", indicating that only one brain is on at one time. All those people who would have tested left-brained and weak on an indicator muscle when cross-crawling would not have benefited from crawling in the classroom or patterning for dyslexia as it has been traditionally prescribed.

It is our experience with the population identified as learning disabled, that 40% or more will fall into the "homolateral" category. Dennison Laterality Patterning and Advanced EK techniques are enabling this group to overcome its handicaps and to learn in a "normal" fashion.

Recently, upon closer examination of those who previously passed the cross-crawl test and were deemed "heterolateral" overall, it was discovered that certain systems might be integrated while others were not, and the person would still test strong. For example, one might test strong on deltoid after cross-crawling, yet weak on supraspinatus. This situation might mean that the stronger and more integrated the individual became below the neck, the less coordinated he would be above the neck in using his eyes, ears, or jaw. The opposite situation also appears, with a very good reader who is "heterolateral" above the neck and "homolateral" and extremely poorly coordinated below the neck. These people have "homolateral" muscles, even though they are not "homolateral" overall. The recognition and correction of this situation through Dennison Laterality Patterning is critical for more permanent Touch For Health balancing and for the elimination of learning/living/loving disabilities.

#### DENNISON LATERALITY PATTERNING

1. Identify homolateral muscles.
  - a. Subject will cross-crawl on his/her back, touching hand to opposite knee, for 10-20 repetitions.
  - b. Perform Touch For Health muscle testing using 14 or more indicator muscles, instructing the subject to think of an X in his mind as the testing proceeds. Note all muscles which test weak.
  - c. Subject will homolateral-crawl on his/her back, touching hand to knee on the same side of the body, for 10-20 repetitions.
  - d. Perform Touch For Health muscle testing procedure again, instructing the subject to now think of two (11) parallel, vertical lines as you test. Note the muscles which now test strong which formerly tested weak.
  - e. Those muscles which tested weak on cross-crawl and the X, yet strong on the homolateral crawl and the two parallel, vertical lines, are "homolateral" muscles.
2. Patterning
  - a. Cross-crawl as in #1 above, looking up to the left\* accessing the right brain as the movement is learned.
  - b. Retest the homolateral muscles, noting that they are now strong.
  - c. Homolateral crawl, this time holding eyes down to the right, thus accessing the left-brain for analytic activity.
  - d. Retest the homolateral muscles, noting that they are now weak.

### 3. Integration

- a. Cross-crawl with eyes in all positions of the clock.
- b. Retest the homolateral muscles, noting if they are now strong.
- c. Retest thinking of an X. Are the muscles all strong.
- d. Retest thinking of 11. Are the muscles all weak.
- e. Thinking of an X and cross-crawling are integrating for all muscles and meridians.

\* Lefthanded people may need to look on the opposite directions, up to the right for cross-crawl and down to the left for homolateral crawl.

Dennison Laterality Patterning is effective because it works in accord with Nature as she intended us to learn. It is our civilized, left-brain consciousness which has interfered with our health. Dennison Laterality Patterning gives people permission to be infants again, to trust, to let go of conscious control, and to access the right-brain for movement. Dennison Laterality Patterning seems simple, yet requires instruction to go from step to step. If you have not experienced it yet, ask an EK Instructor to pattern you. If you know the technique, pattern as many people as you can.

Dennison Laterality Patterning is not suggested as a panacea for all our ills. As a part of any sound educational or health maintenance program, it is providing results for people who have failed to find help elsewhere. It is literally true, as many are learning, that one must crawl before one walks.