

IF YOU CAN'T TRUST YOUR SPINDLE CELLS,
WHO CAN YOU TRUST?

OR

HYPERTONIC MUSCLES - THE GREAT DIS-ORGANIZERS

BY

FRANK MAHONY

OBJECTIVES:

USING HYPERTON-X To demonstrate the cause and effect of releasing Hypertonic Muscles and their relationship to the energy systems.

USING THE ALARM POINTS to identify Hypertonic muscles, and monitor correction progress.

THE IMPORTANCE OF CLEARING THE INDICATOR MUSCLE, and how this phenomenon supports the contention of HYPERTON-X that Hypertonus causes confusion in neurological communications.

USING HYPERTON-X TO CORRECT COLOR SENSITIVITY.

A HYPERTONIC muscle is a muscle in a confused, or agitated state due to trauma, injury, or exertion, and thus becomes over tonified in response to the Spindle Cells reacting to the situation. A multiplicity of hypertonic muscles bombards the nervous system with "static," thus jamming neuro signals and causing dis-integration. This has been found to be the case in those who are learning impaired and/or homo-laterally organized. By releasing or correcting the hypertonic state by resetting the Spindle Cells via HYPERTON-X, the individual integrates and the barriers to learning disorders are greatly reduced.

SPINDLE CELLS are neuro-transmitters located throughout the muscle with a higher concentration in the central belly of the muscle. They are less concentrated in skeletal support muscle fibers (extrafusal) than in the control, or movement fibers (intrafusal).

Basically, spindle cells have two main functions; monitoring the amount of change in a muscle, and the rate of speed at which the muscle changes. This information is transmitted at different rates of speed to different parts of the brain. Recognizable muscular movement patterns are well ingrained in the central nervous system

having begun being learned from the day of birth and, perhaps in a limited way, before. Therefore, if something happens to disturb that pattern, such as whip lash, or sudden slip, fall, injury, etc., the lag time in neuro information from the different spindle cells can cause an erroneous interpretation by the central nervous system as to the condition of the muscle, or muscles, and in order to protect the muscle from further "injury," pain is registered when in fact no injury may exist. This is quite possibly the source of chronic, lingering pain that miraculously disappears after muscle balancing, or some form of therapeutic manipulation. The spindle cell mechanism has simply been reset to normal, and the confusion removed.

In other cases, where there is no pain factor involved, but dis-integration is present, such as in the case with learning disorders, the spindle cells have accepted an erroneous modality as "normal" due to repetitious physical activity, perhaps related to job, recreation, life style, et al. Bicycle riding, bowling, archery, golf, pitching in baseball, running, typing, operating computers, drill presses, or any activity that requires great repetition of movement in consistent patterns can cause a multiplicity of hypertonic muscles, all of which can cause a wide variety of problems, including; dyslexia, postural deviations, pain, loss of flexibility, stress, emotional distress, etc., ad infinitum. In short, Hypertonic Muscles can be the source of a great many problems.

CLEARING THE INDICATOR MUSCLE

An Indicator Muscle (IM) is any muscle that tests strong in the clear. The question arises that if hypertonus causes confusion in the energy systems, how accurate is the information we are getting if the IM is hypertonic to begin with? This question was put to me by Dr. Richard Utt at the Touch For Health International Conference in San Diego in 1984, where he made the following demonstration:

1. Using an Indicator Muscle, test the Acupressure Alarm Points for over energy, and record, as in standard TFH Five Element Balancing. (See Chart)

2. Test the IM for Hypertonicity. Clear the IM* if results are positive.

*See HYPERTON-X CORRECTION BELOW

3. Retest the Alarm Points and compare results.

If the IM tested positive for hypertonus, there will be a difference in the number of Alarm Points that test weak, usually many more, after the IM has been cleared. Since using the Alarm Points to identify and correct hypertonic

muscles is an integral part of HYPERTON-X, incorporating Dr. Utts' observation into this method has proven invaluable, not only in terms of being more precise in identifying hypertonic muscles, but in further demonstrating how hypertonic muscles can cause confusion and erroneous information.

The Alarm Points that test positive (the IM tests weak when the alarm point is touched lightly) indicates that a muscle, or muscles, related to that Alarm Point is/are hypertonic, and are causing some upset in the energy systems. Using HYPERTON-X methodology, release the hypertonic muscle(s) and retest the related Alarm Point.

EXAMPLE

The Stomach Meridian Alarm Point tested weak (Positive). Test the Pectoralis Major Clavicular. If Hypertonic, correct using HYPERTON-X, and retest the Alarm Point. If the Alarm Point tests strong, retest other Alarm Points that were weak before. If the Stomach Point still tests weak, test and correct other muscles on the Stomach Meridian until a strong response is achieved. Use the same procedure with each Alarm Point that tests weak.

FRANK MAHONY HYPERTON-X TEST AND CORRECTION METHOD

HYPERTON-X TEST. The muscle is placed in a position of MAXIMUM EXTENSION, WITH OUT PAIN OR DISCOMFORT, by the testor (therapist, etc.) at which point the Indicator Muscle is tested. IF THE IM GOES WEAK, THE MUSCLE IS HYPERTONIC!

HYPERTON-X CORRECTION - CONTRACTION IN EXTENSION. The muscle is placed in a maximum extended position by the testor, as in the test position above. THE TESTOR NEVER USES FORCE. THE MUSCLE IS SIMPLY RESTRAINED FROM MOVING OUT OF MAXIMUM EXTENSION AS THE MUSCLE IS CONTRACTED USING ONLY FIRM PRESSURE. Contraction is sustained for approximately eight (8) seconds as the subject exhales. Exhaling during contraction better isolates the muscle in question as this reduces the chance of recruiting other muscle groups when the breath is held during exertion. The subject is also better able to focus on the muscle. This process is repeated three times as a general rule, however, more repetitions may be necessary. After each CONTRACTION IN EXTENSION, there is almost always an increase in the range of motion of the muscle. The therapist should GENTLY, but firmly AID IN EXTENDING THE RANGE, but WITHOUT USING FORCE! Neither the therapist nor the subject should ever use hard force. ONLY FIRM PRESSURE is applied by either party, and pain and discomfort should be avoided. In working with a pain problem, special attention must be paid to minimize the discomfort as some pain may be unavoidable, but intense pain will cause the

muscle to go hypertonic even more so. One must communicate attentatively with the subject if this be the case so that the subject can contract the muscle in a controlled manner, which he may not be able to do if in great pain. Particular attention should be given when testing or correcting the Hamstrings, as this muscle can be particularly sensitive, and range of motion can vary widely from person to person.

CORRECTING COLOR SENSITIVITY USING HYPERTON-X

Materials required: Color samples.

Any color samples will do. Color marking pens are very suitable for this as they come in a wide variety of colors. Simply have the subject look at the colored cap or body of the pen. Hold aside those which test weak.

METHODOLOGY: TEST. After clearing the IM, the subject looks at each color sample, one at a time, as the Indicator Muscle is tested. A weak response indicates color sensitivity to that particular color, and the sample is set aside.

CORRECTION #1. USING THE ALARM POINTS. The subject looks at a color that tested weak as each Alarm Point is tested until a strong response is found. Using HYPERTON-X, test for hypertonic muscles related to the Meridian and correct accordingly. Retest for color sensitivity. If the IM still tests weak, test other Alarm Points and repeat the process.

CORRECTION #2. USING "ASKING THE BODY QUESTIONS" technique, determine if there is a hypertonic muscle related to the color in question. When the muscle is revealed, test and correct using HYPERTON-X.

EXAMPLE: Using the Indicator Muscle, ask several simple questions that can be answered YES OR NO ONLY, testing the IM after each question. Do this until a yes/no response is clearly established. Then ask if there is a hypertonic muscle related to the color in question. If "yes," ask in what part of the body is the muscle located, above the waist, below the waist, between hips and shoulders, above the shoulders, front, back? etc., until it has been narrowed down to a portion of the body small enough that specific muscles can be named. When the muscle has been identified, correct the hypertonic state using HYPERTON-X. Retest the IM with the color in question. Repeat the process if further correction is necessary until all colors test strong.

CORRECTION #3. HYPERTON-X GENERAL CORRECTION. Using the HYPERTON-X Complete Systems Evaluation Form, test and correct accordingly in stages. This would first deal with the SEVEN PRIMARY MUSCLES, after which the colors would be retested. If all colors then tested strong, there would be no need to go further, which is often the case. If some colors still caused a weak response, then the SEVEN SECONDARY MUSCLES would be dealt with, and the colors would then be retested. If colors still caused a weak response, other muscles would then be tested and corrected until all colors tested strong.

The following are muscle groups that are found to be most involved in body/mind dis-organization and energy systems integration. By testing and correcting these muscle groups using HYPERTON-X, a most profound positive effect is realized. However, individuals differ and a key muscle for the individual may not be listed here. But once these muscles are corrected it is very easy to identify the key muscle, which the person may already be aware of.

KEY MUSCLE GROUPS

PRIMARY

Flexor Hallicus Longus
Flexor Digitorum Longus
Gastrocnemius
Soleus
Hamstrings
Gluteus Maximus
Upper Trapezius

SECONDARY

Quadriceps
Piriformis
Gluteus Medius
Psoas
Abdominals
Sacrospinalis
Sterno-Cleido-Mastoid

There are two muscle listed under Primary that are not among those used in Touch For Health, namely the Flexor Hallicus and Digitorum Longus. Both are located under the Gastrocnemius and Soleus. The Hallicus flexes the big toe downward, and the Digitorum array flexes the other four toes downward.

SUMMARY

It is evident that muscles in a hypertonic state can cause a variety of seemingly unrelated dis-functions in our bodies, ranging from pain to audio-visual perception, mental emotional processes, restricted range of motion, color and food sensitivities, homo-lateral switching, and others. It is not clear which is cause and which is effect, or in other words , which came first; the chicken/Hypertonic Muscle or the egg/disorder which may have manifested as an Hypertonic muscle? Stay tuned to this station for further developments!

What is known is, that by releasing, or resetting the Hypertonic State through HYPERTON-X, the conditions listed above are affected in a positive manner and most often to a dramatic degree. The length of time that corrections "hold" is related to how much the individual subjects his/her body to the stresses and abuses that can cause muscles to become Hypertonic. My experience is that if attended to on a regular basis the individual stays very much in balance for longer and longer periods with fewer and fewer problems, especially if he/she use the MAHONY SELF CORRECTION exercises. In closing I would like to say, "I never met a muscle I didn't like!".....and, "The only good muscle is an un-hypertonic one!"

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THE PROGRAM will consist of lecture and demonstration supported with visual aids. The audience will be invited to pair off and test each others Alarm Points, clear the Indicator Muscle, retest and compare results.

TIME: 1 HOUR.

FRANK MAHONY, creator of HYPERTON-X, is also an instructor of Touch For Health, Edu-Kinesthetics, Acupressure, and Holistic Stress Release. In September of 1982 he became Director of The Burbank Office of Valley Remedial Group/Edu-Kinesthetics, founded by Paul Dennison, Phd. Frank serves as a Learning Consultant for the Valley West Chiropractic Group and also has a private practice. He regularly conducts workshops at Santa Monica College on Dyslexia Correction Through HYPERTON-X, and Touch For Health. In 1984, Frank served as an advisor to the Santa Monica Puma-Energizer Track Club, working with nationally ranked track stars preparing for the Olympic Trials. He has also conducted lectures and workshops for professional educators including The California Association of Resource Specialists. Frank has assisted Dr. Paul Dennison in conducting E-K Workshops in Burbank, San Diego and Berlin, and several of his concepts regarding Cerebral Spinal Fluid, Sacral Articulation, and Self Correction are included in the E-K Manuals.

He has conducted HYPERTON-X WORKSHOPS In Burbank - (Three And One Concepts - Gordon Stokes), Pasadena - (Touch For Health Foundation), Bellingham, Wa., (Wayne Topping International Institute), Vancouver, Canada, Berlin, Amsterdam, and London, and is currently working on a book on the subject.

MERIDIANS AND RELATED MUSCLES

GOVERNING

Teres Major

CENTRAL

Supraspinatus

LUNG

Deltoids
Diaphragm
Anterior Serratus
Coracobrachialis

Circ./Sex

Gluteus Max
Gluteus Men
Piriformis
Adductors

HEART

Subscapularis

STOMACH

Neck Ext/Flxrs
Levator Scapulae
Pect Maj Clavicular
Brachioradialis

LARGE INT

Hamstrings
Quad Lumborum
Fascia Lata
Flx'r Digitorum
Longus

TW

Gastrocnemius
Soleus
Sartorius
Gracilis
Teres Minor
Flexor Hallucis -
Longus

SMALL INT

Abdominals
Quadriceps

BLADDER

Sacrospinalis
Peroneus
Tibials

LIVER

Rhomboids
Pect Maj Strnl

GALLBLADDER

Anterior Delt
Popliteus

SPLEEN

Trapezius
Latissimus Dorsi
Opns Pls Lngs

KIDNEY

Upper Trapezius
Psoas
Iliacus

