

Using Touch for Health/Kinesiology with Elite Athletes

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Abstract:

This is a description of which techniques seem to give the greatest benefits and how the athletes feel about the impact of this work on their recovery and performance. Also included is a simple correction for sustained muscle failure which enhances endurance performance.

I currently work with a team competitive middle distance runners. The team includes Regina Jacobs, who is recognized as the USA's best female middle distance runner. Also on the team is Jason Pyrah, one of the top male milers in the country. From working with them I have come to a number of effective strategies. Before I share these strategies with you, here are some reports from the athletes about the impact of TFHK on their running:

Regina Jacobs says:

"When I started working with Andrew, I was just getting back into my training and I wasn't doing speedwork, stretching or being stretched. His work made me looser, more responsive and faster."

"This work helps me to better deal with the effects of training, stress and age. I'm in my thirties and running the best I've ever run. Thanks for your support."

"From Andrew's work, I am more balanced, more flexible and faster."

Jason Pyrah says:

"Andrew's work has definitely made a difference. I feel more fluid and relaxed when I'm running. My structural problems are noticeably improved and my back has been feeling great."

These quotes come from applying primarily basic TFHK techniques.

One key area which impacts our effectiveness in TFHK is communication. How can we make our work relevant for that individual within their present belief system? I have found it to be very helpful to talk in terms of facilitated or inhibited muscles. Few athletes would like to be told that they are "weak". While working with them, I make sure to keep them on the same page with me. If something seems off to me, I make sure they can perceive the difference as well. This continues to build their confidence in our work together.

As I work with these athletes, my approach remains primarily structural. I work with things they are familiar with while adding in an amount of new information which they can accept. I like to keep in mind something I heard John Thie say at a previous conference: "Do something simple. If that doesn't help, then do something more complicated." At least that's what I recall him saying. Generally, I do basic muscle balancing for their area of concern first. For virtually every muscle, I include firm work directly on the origin and insertion points as part of my correction. I check for hidden and sustained use problems. Next I test for myofascial shortening. Then I do PNF stretches (Hyperton-X). If there is still difficulty often reactivity or strain counter strain is the issue. These techniques make up the bulk of my work. From time to time, other corrections are needed such as dural torque, scar reintegration, ligament reset, nutrition, ESR etc. I have found that

if I build trust with the person by helping them with something which is easy for them to understand then they can later accept techniques which may at first seem unconventional to them.

One very fortunate thing is that the team's coach, Tom Craig, was already aware of the benefits of using kinesiology with runners. At his request, part of my work with the athletes includes my going to one of their workouts every week. There I am able to do 15-25 minute sessions on each athlete to help keep them "tuned-up." This is very beneficial as I can observe them in action and pick up on imbalances which only show up under a heavy work load. It is also excellent for the athletes and their coach to see the changes when we correct one muscle between intervals in the middle of a workout. As this season progresses, I will be traveling to some of their competitions, including the USA Track and Field Championships in June.

One specific time I recall Regina's upper body leaning back creating too much arch in her back. In the 90 seconds between intervals we corrected abdominals. Both the coach and I could see a marked difference in the next interval and for the rest of the workout.

For Jason Pyrah, his low back was quite painful when I gave a demonstration to the team. Simply correcting psoas, quadratus lumborum and gluteus maximus was enough to alleviate his pain. Although there is room for improvement with the function of his back, the pain has not returned.

There is one technique which I developed which I use to clear the majority of aerobic muscle failure with one general correction. It is based on Jim Reid's General NL for pain. I discovered this through trial and error when I would find myself spending an excessive amount of time rubbing NL points to correct aerobic muscle failure on multiple muscles. In the case of runners, the most common muscles to find this problem with seem to be

Gastrocnemius, Soleus, Quadriceps, Glut. Medius, Glut. Maximus, Tensor Fascia Lata and Psoas although many others can be involved.

If a person is under a heavy work load with a receptive motion, this technique can be helpful. It will be most useful when a person increases their level of activity to a level above that which they are comfortable.

Test several muscles for aerobic function by testing them repeatedly up to 12 times. Each muscle should remain equally strong through all 12 tests. If you find only one or two muscles with aerobic failure, you can correct them in the usual way with 3 minutes of NL or NV as indicated. (I prefer to have the client hold their own NV and do their NL for them.) If more than two muscles show aerobic failure, then apply my...

General Aerobic Muscle Correction:

1. Find several muscles which fail after less than 12 tests.
2. Have the person hold their Anterior Fontanel. (NV for Heart & Lungs)
3. Rub all NL points front and back for a total of 5 minutes spending more time on the most tender points and the points for the muscles which you found to have aerobic failure.
4. Retest the muscles which had previously failed.

My testing shows that this procedure clears about 90% of muscles with aerobic failure and produces some improvement in the other 10%.

In conclusion, I want to encourage all of you to remember your basics. Keep in mind the other person's world view. Use techniques which make sense to them. When you need to do something which may be outside of their normal way of thinking, give them time to understand. Athletes

(and others) will appreciate the great results you can provide for them by carefully applying the basic principles and structural applications of TFHK.

References:

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