

Love Your Back Muscles

by Ueli Meier-Estrada

M.U.M. ZENTRUM SWITZERLAND

Witterswilerfeldweg 12, CH-4106 Therwil

Phone: 061-722'01'44 Fax: 061-722'01'45

e-mail: mum@mumzentrum.ch website: www.mumzentrum.ch

About Back-Balance

In 1996 a client of mine asked me whether I could assist him in a training course for dentists he was giving on "Ergonomics and Back-Propylaxis for Dental Practitioners" by presenting some aspects from the field of Kinesiology. From then on I started work on developing a special Back-Balance technique. I mainly chose muscles relating to the shoulder blades and the lumbar area. In combination with the Five Chinese Elements I selected the following muscles: The **Supraspinatus** (ZG) and the **Teres major** (GG) were given. For the **Earth-Element** I spontaneously chose the **Latissimus dorsi**, one of the biggest back muscles. Its form reminds one of a butterfly, which fits the Earth-Element very well. These three muscles all have their insertion on the **upper arm**. The hardness of the **Metal-Element** is comparable to the muscle pain in the **Quadratus lumborum**. Who doesn't know the feeling of piercing pain in the lumbar area? This muscle stabilizes the lower part of the back. The **Sacrospinalis** consists of several groups of muscles and connects the pelvis to the spinal column, the back of the head and the neck. It is an important muscle for the back function, mainly because it is emotionally often under heavy strain. The assignment of our daily fears to the **Water-Element** makes sense. The **Rhomboideus** muscle is put under strain when we are facing anger; then we spontaneously draw the shoulder blades together and grit our teeth. At the Badminton Swiss Open in Basel I have often had to treat the Rhomboideus area of players who were suffering from pain in the shoulder blades. Especially after a defeat there tended to be much pent up trouble in this muscle area. It is an important muscle in the **Wood-Element**. Finally, we have the **Fire-**

Element. Lacking joy for life coupled with back pains often has its origin in weak **abdominal muscles**. Thus, this group of muscles too has to be taken into consideration in a back balance.

Why have a Back-Balance?

It is a good way of making kinesiology palatable to massage clients.

With only a few muscle tests one is able to cover the whole back, at the same time paying attention to all muscle layers.

The pleasure of working with Tfh techniques, and doing muscle work in general.

Of course such a Back-Balance does not substitute for a 14 or a 42-muscle test.

BACK - BALANCE

With the Touch for Health-Techniques

Pre-tests

Test the **water-household** (spiritual-chemical) with a strong IM, carry through the **up- and downwind** (emotional) and pinch the **muscle** (structure). Of course, further familiar pre-tests can be carried out too.

Divide the back into seven sectors. The practitioner tests with a strong IM:

Back of the neck

Left shoulder blade	Right shoulder blade
Left middle part	Right middle part
Left lumbar region	Right lumbar region

The practitioner touches these zones with one hand. Should the strong IM give way upon touching one or several of these spots, touch

the ESR-points (client). If the IM becomes strong, this Back-Balance can be carried out. Whilst touching the ESR-points the client tells everything that comes to his or her mind in relation to his or her back. No questions are asked. When the client has had enough, re-test the seven zones. The IM should now hold; if not, check what else could be needed (e.g. **water**).

Process of the Back-Balance

During the testing stage, the client is asked to think about his or her back.

Test the *Supraspinatus* (ZG) and the *Teres major* (GG) according to the manual TfH I. If necessary strengthen these with Neurolymphatic Massage Points, Neurovascular Holding Points, Meridians, Muscle Origin/Insertion etc.

Test the following muscles. In case muscle response is weak correct this straight away following the TfH-manuals. During the correction stage it can be helpful to use Dr. John F. Thie's Metaphor-Chart. Many of the metaphors relating to the back-muscles deal with the issue of **posture**.

Latissimus dorsi (TfH I), Spleen-Meridian, **YIN**, assigned to the **Earth-Element**.

Quadratus lumborum (TfH II), Large Intestine-Meridian, **YANG**, assigned to the **Metal-Element**.

Sacrospinalis (TfHII), Bladder-Meridian, **YANG**, assigned to the **Water-Element**.

Rhomboideus (TfHII), Liver-Meridian, **YIN**, assigned to the **Wood-Element**.

Straight abdominal muscles (TfHII), Small Intestine-Meridian, **YANG**, assigned to the **Fire-Element**

(In case of pain in the lumbar area test carefully or leave out).

Complete the sequence by massaging all NLMP of all seven back-muscles. At the end it has also proven beneficial to apply the Lying Figure Eight or to activate the Bladder-Meridian (Following or tapping).

A nice ending is to read the passage "I love my back" from the book by Louise L. Hay "Love your Body".

This Back-Balance is carried out in different positions. First lying on one's back (*Supraspinatus*, *Teres Major*, *Latissimus Dorsi*, *Quadratus Lumborum*), then lying face down (*Sacrospinalis*) and, finally, sitting upright (*Rhomboideus*, straight abdominal muscles). This is important as, with every change of position, the back is **moved**.

It is quite usual that a further topic for a next kinesiology-session develops out of a Back-Balance.

I wish you much pleasure and success in applying this Back-Balance.