

PE #13 1/2c Spinal Integration

This balance, arising from the Logan Basic Chiropractic Technique is used to straighten and realign the spine.

The purpose is to improve posture so that there is even weight distribution on both feet equally.

Evaluation:

1. Check weight distribution on each foot - can use scales if you have them or a postural evaluation using a plumb line
2. Find emotion
3. Client lies facedown on the massage table with a pillow under their stomach and a pillow or towel under their head
4. Using a clear circuit hamstring muscle, test Put mode in circuit (or hold mode) and test to find the involved side of the buttock cheek. This will be the side for the Badder 50 contact point used for step 5
5. CL under involved buttock cheek to find Bladder 50 acupoint (See diagram on p60 of RBT201) (use your thumb with fingers placed laterally to ensure professional touch). Move slightly laterally and medially along the line under the buttock cheek until you find the - IM lock.
6. Client now to hold this BL50 acupoint for the duration of the balance.

Balance:

1. While client holds BL50, begin the process on the side that tested up in step 4 of the evaluation above. Follow the diagram on p60 of RBT 201 by starting at the top of the iliac crest and 'walking' the acupoints. This means applying digital pressure along the points in a 'spiral' around the buttock cheek (using 2 fingers or your thumb to ensure a neutral charge) ending at the midline at the level of S1. Advise the client to signal if it is tender or painful. Stop at all tender points and continue stimulus until the tenderness passes.
2. Then move to BL25 and 'walk' the Bladder meridian by applying digital pressure along the points. Stop at all tender points and continue stimulus until the tenderness passes. See diagram on p60 of RBT 201.
3. Walk up as far as BL16 and from here move in an arc above the lower edge of the lower trapezius to the edge of the posterior deltoid and here turn towards the back of the armpit. Stop at all tender points and continue stimulus until the tenderness passes. See diagram on p60 of RBT 201.
4. Repeat steps 1 - 3 of balance on the other side.
5. Now 'walk' up the spinal processes applying digital pressure in the spaces between the vertebrae. Stop at all tender points and continue stimulus until the tenderness passes. See diagram on p60 of RBT 201.

6. At the top of the neck, 'walk' along the base of the skull, first on the side of the involved BL50 acupoint then along the other side. Again, stop at all tender points and continue stimulus until the tenderness passes. See diagram on p60 of RBT 201.

7. Have the client roll onto their back (ensure that they are maintaining the CL of the BL50 point) and then finish with the 8 front points. Apply digital pressure at each point using the same pressure as you used on the back.

8. Now ask the client to let go of the BL50 point and then finish with an energy sweep up each side.

Checking changes:

1. Re-check posture eval & / or reweigh using scales.

2. Check emotion

3. Check mode

4. Help the client recalibrate by asking them to rub K27s while looking at the horizon line and moving eyes left & right.
