

From: Douglas Nelson <doug@nmtmidwest.com>
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To: doug
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Precision Neuromuscular Therapy

**TEACHING CLINICAL REASONING, NOT RECIPES;
INSPIRING THERAPISTS TO BE ARTISTS, NOT
TECHNICIANS.**

Massage Doesn't Increase Range of Motion (Research says so, or maybe not)

My wonderful colleague David Fluecke sent me an email this morning sharing a piece of research that shows that massage of the calf has no effect on range of motion. Here is part of David's email:

This came across my facebook feed this morning. It showed that massage helped people feel looser, but objective measurements found no change in ankle dorsiflexion. At first I was dismayed. Then I read this.

"Massage of the calf complex was performed for 10 minutes and consisted of petrissage (kneading) strokes, with linking effleurage, applied distal to proximal over the belly of the calf muscle complex. The massage intervention was administered by one of two qualified and experienced physical therapists"



David's comment- "I think I would restate their conclusion. It seems more likely that 10 minutes of non-specific massage is worthless."

I could not agree more; that is exactly what this study shows. Instead of a broad pronouncement about the value of massage, it shows that the approach used by the physical therapists did not increase range of motion. This study is not, however, an indictment of massage as an aid to

increasing range of motion. (I can see a debate being raised on Facebook now, with some people saying that massage is only a placebo.)

This debate about the value of massage misses the point completely. In the clinic, those of us who use PNMT begin each session by measuring/assessing the client, so we know our starting point. Just like a map, you cannot navigate anywhere unless you know your present location. With the knowledge of where we want to go, such as a range of motion increase or a particular movement without pain, we use the most appropriate treatment approach to get where we want to go. Next, we reaudit the original assessment. Unfavorable result? Change strategies. Retest. Instead of holding fast to a singular approach or technique, PNMT is flexible and fluid in treatment approach but not in attaining the intended goal. In reality, it is a simple process. Test, treat, retest. Simple, however, is not easy. (Telling the truth is very simple, but not easy) Getting to the intended goal is often a labyrinth of strategies, which is often challenging, exhilarating, and often a bit frustrating.

I have heard criticism that PNMT is too hard to define. Therapists are used to a "this is how we do it" approach. The problem with marrying one approach is the idea that for every question, that approach is the answer. Fascial work is great, when fascial restriction is the problem. The clinical reality is that each client will have a different reason for their discomfort. Over the years, I keep asking myself and my students "What do you do when your go-to strategy doesn't work?" Clinical experience will show you that indeed, your favorite and best strategies are going to fail. You need multiple options, which is why in PNMT, we teach multiple approaches with several variations. If the first one fails, we have many more to explore. This harkens back to teaching therapists to be artists, not technicians. The artistry is in the choosing. As PNMT Instructor Christopher Sovereign said, "Do you want to be a cook or a chef?" We teach therapists a deep understanding of functional anatomy coupled with rock solid manual treatment approaches.

Every client is an opportunity to create and learn something amazing. Let's seize the moment and elevate our work to the level of artistry and mastery. It will benefit our clients and also provide us with a rich and fulfilling career.

Colloquium 2016



Colloquium 2016 "The Path to Mastery" may be one of the most exciting events we have ever produced. This event promises to be very special, as all of the previous gatherings have been. Talk to someone who has attended a previous Colloquium and you will hear why these gatherings are not to be missed.

I recorded a video explaining the essence of Colloquium 2016. Please take the time to view it if you would like to know more. The video is at

<http://www.nmtmidwest.com/colloquium2016/>

Spotlight- Chungliang Ai Huang

When I was about 20 years old, I read a book that pointed my life in a different direction. The book was entitled "Embrace Tiger, Return to Mountain". This midwest farm kid never looked back, exploring the human potential movement as inspired by that book. Little did I know that later in life I would meet the author, Chungliang Ai Huang. Ai has become a dear friend and continues to be a major influence in my life. He has been connected to some of the giants in our field. A great friend of Milton Trager, Ai designed the logo for Trager bodywork. Are you familiar with Esalen Institute? Ai has presented there more than any other living teacher.



Chungliang will present for us his journey to mastery. He will be leading us through movement exploration and self-discovery through movement. He always exudes joy and has delighted audiences world-wide.

A Note About Movement

As a personal discipline, I have begun studying the cello. I did this because I wanted to be a beginner and use this discipline to deepen my understanding of "practice" and to be a total beginner at something. (Plus, I love the sound!) My cello teacher has a rich background in the physiology of playing, which resonates deeply with me. I find myself holding the bow with needless tension, as though that would help. I stop, shake the tension from my hand, and use less energy to create a better sound. Exactly as I had hoped, I find myself translating what I learned in the practice room into my treatment room as well. My cello studies spill over into the treatment room which is the point of practice and discipline.

Escape to Warmer Weather!

There are several opportunities for you to learn and grow as a therapist and also escape to some warmer weather this winter. We will be holding seminars in California, Arizona, and Hawaii this year. Come join us for learning, laughter, and a chance put aside the down jacket for a few days.



- 1/4/2016 PNMT for the Low Back (6 hr version) Monterey, CA
- 1/22-24/2016 PNMT for the Low Back and Thoracic Spine Rancho Mirage, CA (19 hours)
- 1/30/2016 PNMT Kinematics Kohala, HI (8 hours)
- 1/31/2016 PNMT for the Hip Kohala, HI (8 hours)
- 4/2/2016 PNMT for the Shoulder Santa Monica, CA (8 hours)
- 4/3/ 2016 PNMT for the Arm and Hand Santa Monica, CA (8 hours)
- 5/13-15/2016 PNMT for the Neck and Head Rancho Mirage, CA (19 hours)

There will be three events in Hawaii:

- January 29, 2016 Introduction to Precision Neuromuscular Therapy 7-9pm (Free)
- January 30, 2016 [Precision Kinematics](#) 9am-6pm
- January 31, 2016 [PNMT for the Hip](#) 9am to 6pm

Mentoring Program

We have often had calls from therapists seeking advice with clients and/or practice management issues. In speaking with my teaching staff, we have now created a structure that will support therapists who have questions and would like additional guidance.



Several of my teaching staff will now be available for personal coaching/mentoring. You may do that in individual sessions or in a series of sessions. Each of my teaching staff is a very successful clinician, seeing a full load of clients every day. The work isn't theoretical to them- they are living it every day in the clinic and have done so for years. They know how to create a successful practice, because they are living it. We are here to help you learn and grow in the work as well.

We have made the cost of this service extremely reasonable. More information is at <http://www.nmtmidwest.com/mentoring/>

Join the thousands of therapists who are studying PNMT.

Our seminars are filled with rock-solid information to help you be the best therapist possible. We don't just teach you great treatment techniques, we teach you accurate assessment strategies and the "why" behind the "how".

- [View our schedule of trainings here](#)
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