

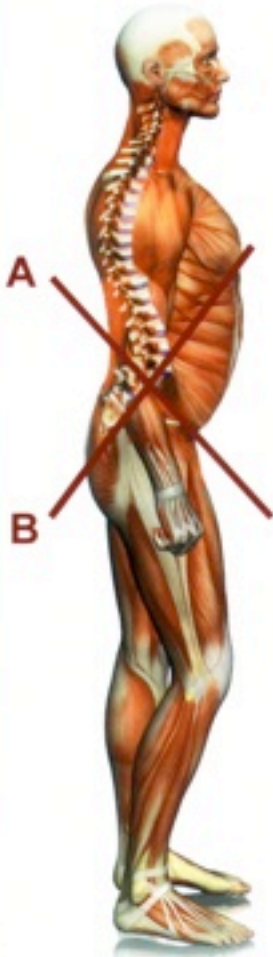
Dennis Cline Massage

For an appointment call (512) 788-2601 located at 1006 Rock St., Georgetown, TX

Go to www.massagefromdennis.com for more information

How can massage relieve low back pain, hip and sciatic pain? Many postural conditions can create these painful systems. The first step is to assess what is the cause of these pains. If the cause is something massage won't help, you will be referred to a doctor or chiropractor that can help you.

Myoskeletal Alignment® for Low Back, Hip & Sciatic Pain



Lower Crossed Syndrome

This "swayback" posture typically develops from prolonged sitting and sleeping with knees and hips flexed. As lumbar and SI joints become fixated, protective spasm further compresses the spine causing low back, hip and leg pain. Therapists must restore balance and symmetry to all lower crossed muscles and re-check firing order patterns in hip extension, hip flexion and hip abduction.

A = Tight Line: Observe how tight line (A) traverses the lumbar erector spinae muscles and iliopsoas. Neurologically shortened iliopsoas tissues anteriorly tilt the pelvic bowl creating excessive lumbar lordosis. Soon, the lumbar erector muscles shorten and lock-down the swayback posture resulting in a "bowing" of the lumbar spine. Local and referred pain symptoms appear as compressive forces disrupt normal functioning of facet joints, discs and spinal ligaments.

B = Weak Line: Connecting the abdominals and gluteals, weak line B permits the lower crossed asymmetry. Core support is lost as the stretch-weakened rectus and transversus abdominal muscles are overpowered by the pull of the strong iliopsoas and erector spinae groups.

Muscles listed in the box below also contribute to distortion and compression of the body's bony framework leading to pain-spasm-pain cycles. Myoskeletal Techniques effectively restore balance and symmetry by manually lengthening muscles of the tight line and 'spindle-stimulating' neurologically inhibited muscles of the weak line. Credit goes to Vladimir Janda, MD for research and development of the Upper and Lower Crossed Syndromes.

Typical Muscle Imbalances in the LOWER CROSSED SYNDROME	
TIGHT, FACILITATED	WEAK, INHIBITED
Iliopsoas	Rectus Abdominis
Rectus Femoris	Transversus Abdominis
Hamstrings	Obliques
Erector Spinae	Gluteus Maximus
Tensor Fascia Lata	Gluteus Medius/Minimus
Thigh Adductors	Vastus Lateralis
Piriformis	Vastus Medialis
Quadratus Lumborum	Tibialis Anterior/Posterior
Gastroc/Soleus	Peroneus Longus

BOX A **BOX B**

The Lower Crossed Syndrome is an example of a complicated type of muscle imbalance that causes low back pain, hip pain and sciatica. Myoskeletal Alignment, a specific, advanced type of massage, is applied to relax the tight muscles and wake up the dormant or weak inhibited muscles. These techniques bring the muscles back into normal balance. When muscle balance is achieved pain is greatly reduced or eliminated, posture corrects and muscle stress and tension are gone.