

Surrounding the Dragon of Back Pain

Presented by Paul Chek

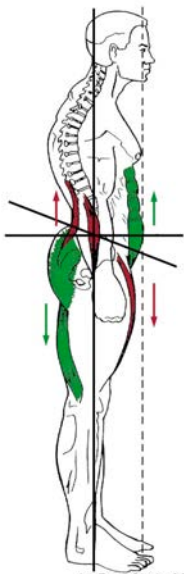
Learning Objective

Explore the back as part of a holistic, fully integrated *cybernetic system*: ...a system of systems

Control Centers

Respiratory System

- Respiration is vital:
 - Mobilizes CSF to nourish and remove metabolic waste from the CNS
 - Provides oxygen for cellular metabolism
 - Maintains acid/alkaline balance
 - Moves life-force energy (Chi, Prana) through the body



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- Any exercise stimulus producing chronic adaptation of C > R results in structural adaptations that retard respiratory efficiency.
- The results are far reaching and frequently overlooked or misinterpreted!

- De Jarnett's Sacrooccipital Category 1-3

- Respiratory system and Movement (come to my session *Practical Applications of Breathing, Posture and Exercise* on Saturday 1pm for more on this topic)

- Rib cage mobilization

- Inspiration and expiration
 - The abdominals are stabilizers that serve respiratory function
 - The diaphragm is a respiratory muscle that serves stabilizer functions

- Exercise Response: Client needs vs. client objectives?
 - Intensity magnifies imbalance:
 - Respiratory efficiency (+ or - ?)
 - Stabilization or respiration?
 - What will balance the body
 - Educate the client!



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Mastication: The Energy for Life

- Assessing Bite
 - CRN V
 - Communicates with all CRN
 - Periodontal reflexes via acupuncture meridians to all tissues of the body!
- Centric Occlusion & Eccentric Occlusion
- Case History – Mr. B

The Senses of Life: The Head Always Wins!

The Vision of Life: The Eyes

The Visual System

- Focal Vision
 - Character recognition and target acquisition

- Ambient Vision
 - Proprioception
 - Compensates for proprioceptive deficiencies

- Lloyd Mills, an ophthalmologist, and C.L. Lowman, an orthopedist, noticed the connection between posture and ocular dysfunction in August, 1915.
- Gross ocular muscle defects and irregular astigmatism, of notable degree, occurred in the proportion of about 3:2:1
- As far back as 1916, Weeks was quoted as believing that the habit of tilting the head to one side is a very common one, occurring in 25% of the patients who consulted him for errors of refraction or of the extrinsic ocular muscles.

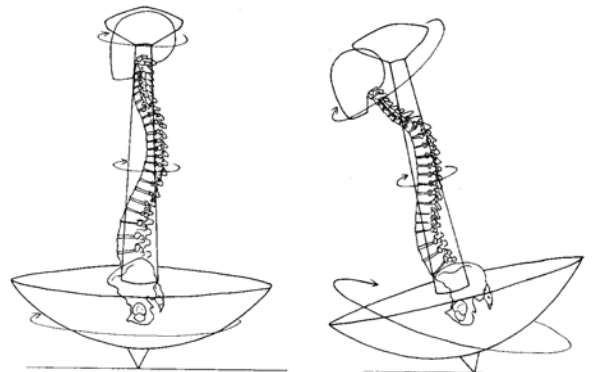
The Vestibular System

- Vestibular Activation?
- Cranio-Cervical System
 - Highly integrated with ocular, vestibular, pelvic, foot and ankle proprioceptive systems
 - Origin of *Tonic Neck Reflexes*:
 - Suboccipital spindle cell density of 150-200/gram
 - Inter-transverse muscles @ 200-500 spindle cells/grams

 - 70% Proprioception in gait from C0-C3-4
 - Blocked upper cervical proprioception in monkey's results in falling during gait and climbing!
 - Cervical mechanoreceptors reflex to limbs and trunk!

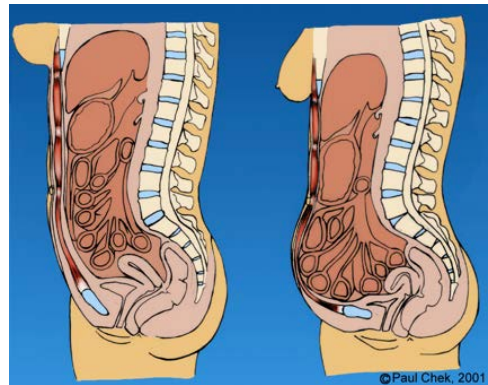
 - Cranio-cervical Control
 - Upper cervical balance
 - Good alignment
 - Rotational efficiency
 - Good engrams
 - Pain Free!

 - Cranio-cervical Integration



The Visceral System: Including Circulatory and Immune

- The visceral, circulatory and immune systems are supported by free-movement in a 3d environment under the influence of gravity.
- Today, visceral ptosis secondary to inner unit dysfunction is common among both the exercising and the non-exercising population!
- Visceral health
 - Women suffer > men
- Musculoskeletal strain
- Reduced vitality
 - Increased likelihood of prescription drug use
- Any condition reducing visceral support, motility or health will adversely affect the circulatory, lymphatic and immune systems!
 - Subtle and gross energetics is a two-way street in the recovery process from back pain!
- When the abdominal wall is dysfunctional, the intestinal tract may fall, compressing the sex organs and bladder!
 - Back pain and painful menstruation commonly result
 - Dysfunction in males is less pronounced, but exists.
- The Abdomen Brain
 - ENS Control Relationships
- Visceral-Somatic Reflexes
- Torso fixation and stabilization:
 - Negates TVA activation
 - Does not provide natural deformation of torso
 - Creates localized circulatory stress without global circulatory support
 - Torso deformation aids circulation and keeps viscera healthy!
- Torso Deformation Exercises



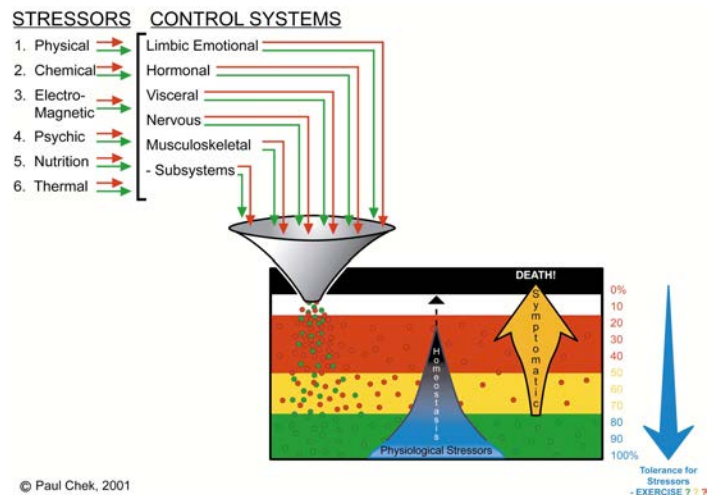
Limbic/Emotional

- Physiological aspects of cortisol and DHEA

Sacrooccipital System

Slave Joints & Systems

- Muscular Systems
 - Inner Unit System(s)
 - Stabilizer / Phasic
 - Outer Unit Systems
 - Mobilizer & Phasic
- Skeletal Joints
 - Spine (C3-L5)
 - Hip, knee, ankle, and foot
- Many Chief's, one Indian, makes for confused Indian



Practical Application

Use C.H.E.K Practitioners and skilled healthcare professionals as needed to provide your client every opportunity to achieve health and vitality!

Re-evaluate
Multi-disciplinary integration
Localize problem & coach accordingly
Sectionalize problem
Review History for red flags and potential control center problems

Spiritual
Mental
Emotional
Physical

Conclusion

- There is no “back,” the body is fully integrated!
- Stability and mobility are pattern specific!
- Always look to control centers before addressing slaves!
- When in doubt, refer them out!

Key References and Resources

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For a complete list of references, please e-mail the C.H.E.K Institute.



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