

Massage & Bodywork

Winter 1997

*Why Massage Your
Baby? by Vimala
Schneider McClure*

*Infant Massage
by Dr. Tiffany Field*

ASSOCIATED BODYWORK
& MASSAGE PROFESSIONALS
28677 Buffalo Park Road
Evergreen, CO 80439-7347

\$4.00 U.S. \$5.00 CAN

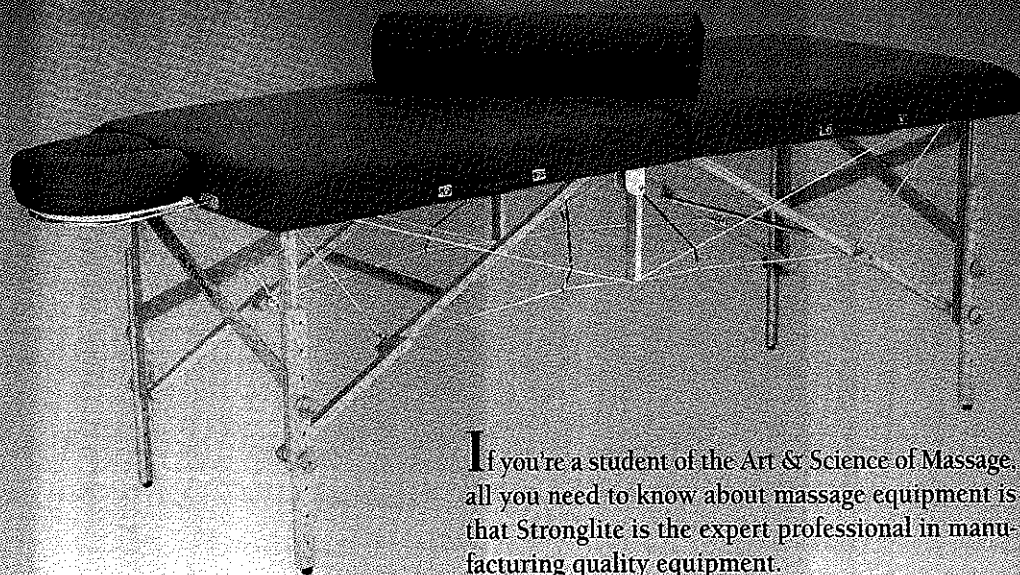


SPECIAL:
*Articles by Our Readers
for Our Readers!*

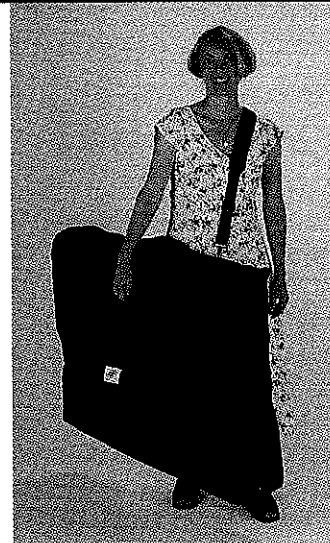
Order Any Stronglite K·I·S·S Package and SAVE!!

**KEEP
IT
SIMPLE,
STUDENT**

*New "Power Lock" Design:
Stronger, Quieter and more Stable*



If you're a student of the Art & Science of Massage, all you need to know about massage equipment is that Stronglite is the expert professional in manufacturing quality equipment.



**Each Package
Includes:**

- Classic Table
- Standard Face Rest*
- Deluxe Carrying Case
- 6" Bolster

Classic Table

Simply the best value in a portable table; easy to set up, versatile and safe. Choice of width, 27", 29", 31". Height adjustable, 22"-35". Oak Hardwood, Automatic set-up.

Standard Face Rest*

Simple comfort; no adjustment to make. Specially contoured foam cushion in Crescent shape is the most comfortable on the market; non-adjustable.

**(You can substitute our fully adjustable, Double Action Face Rest for \$40 more.)*

Deluxe Carrying Case

Simplify moving your table and protect your investment. Heavy-duty, waterproof nylon with side handles and padded, adjustable shoulder strap. Reinforced bottom with a handy side pocket.

6" Full Round Bolster

Comfortable support for the knees or under the ankles.



STRONGLITE
INCORPORATED

Quality Massage Equipment

The "KISS" Package
with Fully Assembled Table

\$489

Do-It-Yourself Package
with Partially Assembled Table
(approximately 4 hrs. to Assemble)

\$429*

*New Free Assembly Video included with kits. Shipping not included. Add applicable sales tax.

SIMPLY CALL US; one of our massage equipment experts will make your selection process easy.

We are the original (for 10 years now) and only company to offer you a choice between easy-to-assemble kits and fully assembled tables. And now, you can purchase them at a savings! With one of our equipment packages you get all you need to begin—quality equipment at a great price—your choice simply couldn't be any easier.

Call Your Dealer Today

Arizona, Phoenix
Rainstar School of Therapeutic Massage
(888) RAINSTAR

Arkansas, Paragould
BML
(800) 643-4751 Fax: (888) 239-0998

California, Oakland
Bodywork Central (888) 226-8500

Florida, Fort Myers
Florida Academy of Massage
(941) 489-2282

Michigan, Southfield
Irene's Myomassology Institute
(810) 569-4263

Missouri, St. Louis
Rosenthal Clinics (800) 833-3603
(314) 727-7278

New Hampshire, Manchester
NE Massage Tables & Chairs
(800) 545-8497

Ohio, Cuyahoga Falls
Connecting Touch
(330) 945-9354

Pennsylvania, Philadelphia
Body Therapy Associates
(800) 677-9830

Texas, Fort Worth
Lightworker's Supplies
(888) 544-4881

Utah, Salt Lake City
Bodyworks Emporium
(800) 617-3302

Washington, Seattle
Zenith Supplies (800) 735-7217

*The
Best Value
in Tables*



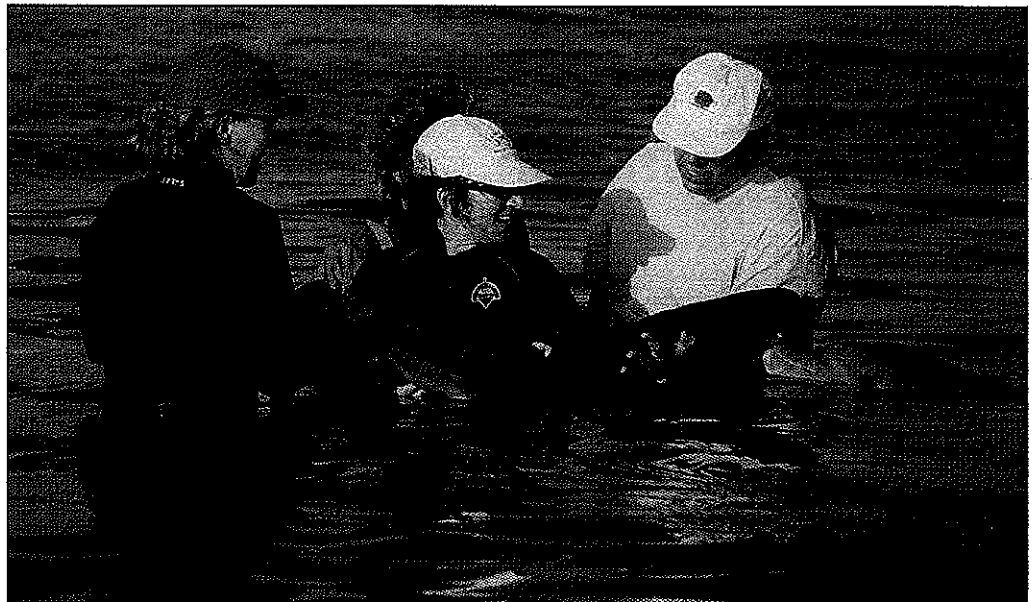
10 Stronglite employees on a Classic Table.
(A very live weight of 2,008 lbs.)

Dolphin-Assisted Therapy Opens New Vistas in CranioSacral Therapy

by Russell A. Bourne, Jr., Ph.D.
and Ray Mercurio, L.M.T.

Stories of dolphins helping people have been around for centuries, going back as far as Greek and Roman myths. Although some dispute the veracity of these reports, those of us working in The Upledger Foundation's dolphin-assisted therapy program have observed that the dolphins' abilities surpass the stunts we've seen them do on television. There have been other programs that incorporated dolphins, usually as a reward for completing therapy. However, the Upledger program, which began last September, is different in that the therapeutic modality—CranioSacral Therapy—is performed in the water with the dolphins.

CranioSacral Therapy (CST), developed by osteopathic physician John E. Upledger, D.O.,



From left, Signy Erickson, D.C., Avadhan Larson, L.Ac., C.M.T., and Ray Mercurio, L.M.T., during a dolphin-assisted therapy session.

Photo by Alena Bybee, The Upledger Institute, Inc.

O.M.M., is a hands-on modality that seeks to identify and release restrictions in the body's craniosacral system. This system, which consists of the membranes and fluids that surround the brain and spinal cord, influences the body's self-correcting abilities. When it is operating at optimal efficiency, the craniosacral system can enhance the body's ability to deflect the stresses and strains of daily life. Conversely, restrictions in the smooth opera-

One Client's View of Dolphin-Assisted Therapy

by John Arndt

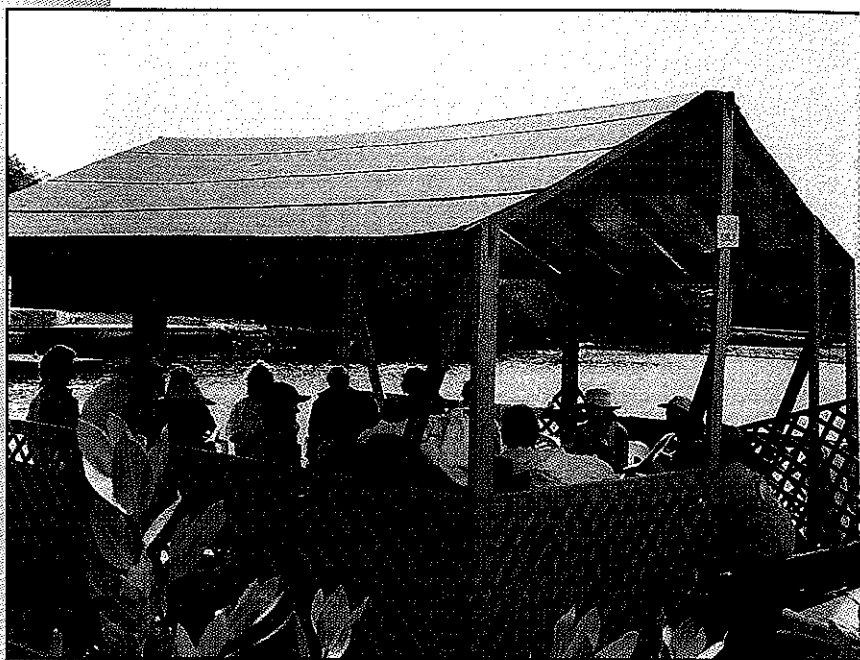
Playwright John Arndt fell 20 feet from a tree in April 1988, injuring his spinal cord. The accident left him paralyzed from the waist down. Several months later, he came to The Upledger Institute's program for brain and spinal cord dysfunction patients. He has been receiving primarily CranioSacral Therapy for the past eight years and progressed to the point that he walked with crutches in late 1995.

Journal entry for Monday, Dec. 9, 1996

Dolphin therapy this morning, my Lord, what a morning! First, we went for a structured swim with two pregnant dolphins. The regular stuff—dorsal pulls, imitative games, kisses and pets. Then into a pool with a dolphin named Tina. It was a completely different kind of therapy, akin to the energy of human beings but so much more. All this time with CranioSacral Therapy I've become accustomed to working from my head down. Getting the juices flowing in the upper part of my body and then slowly working it down toward my feet. Not with this girl; she would circle around the group of us—there were three therapists with their hands on me—and come just close enough so that my outstretched hand would glide over her back and dorsal fin. Once she had scoped out the situation, she would go to my feet and blast energy up from there. Suddenly, my feet came alive with a pulsing energy which is still there as I write this four hours later. That pulsing energy went through my body and into my lower spinal cord. Now, I've had therapeutic pulses before (TPs are pulses in tissues that indicate release and somatic change) but every time it would blast from my feet I would get a therapeutic earthquake from my first lumbar vertebrae down into my sacrum.

An image I had when I first came down to The Upledger Institute's Brain and Spinal Cord Dysfunction Program was blasting away that rock inside my spinal cord. Well, that seems like what we were doing only this time we have a new kind of power and energy to do it with. We repeated that process about 20 times and then it was over. I swam back to the dock and just lay on my stomach with that energy tide that Tina started, continuing on and on, over and over.

Then on to another pool to work with a spotted dolphin by the name of Stanley. He started in on my feet like Tina but then changed his focus to my hands. He would come up to my hand and put his snout in my palm and blast away again. In each session, the huge therapeutic earthquake would build from my feet and work its way up into my lower spine. It never went any farther than the injury area. There was not a therapeutic pulse anywhere in my upper body for the whole of either session. But below my injury, watch out! As each session progressed the duration of the therapeutic earthquake would last longer and longer until by the end there was perhaps 15 seconds of intense shaking. My spinal cord, the bones around it and all the tissues



Opening and closing group meetings and CranioSacral Therapy sessions take place dockside.

Photo by Alena Bybee, The Upledger Institute, Inc.

tion of the system could cause sensory, motor or neurological disabilities. These problems may include chronic pain, eye difficulties, scoliosis, motor-coordination impairments, learning disabilities, and other dysfunctions of the central nervous system.

While CST sessions have been conducted in pools and flotation tanks, these settings are not yet widely available. Working in water provides an environment where the effects of gravity are limited. When CST is applied under these conditions the release of restrictions is perceived within a three-dimensional context. The idea of exploring CST in this reduced gravity environment conjointly with the uniqueness of dolphins was very exciting to all of us.

The dolphin pilot program began as an investigative study to determine whether dolphins can contribute to the therapeutic effect of CranioSacral Therapy. For this program, 22 clients spent two half-days at the dolphin facility receiving CST both dockside on treatment tables and in the water with dolphins. A team of three therapists, representing a range of professional disciplines and trained by The Upledger Institute, worked with each client in and out of the water.

As this article is being written, we have just completed our final session of the year. We are now compiling the observations of therapists and patients to

form the questions we want to focus on when the program resumes in April. With the information available thus far, there seems to be three characteristics of the dolphins' therapeutic presence. First, there is the pure, benevolent spirit and intention of the dolphins. They participate freely in the sessions, without any agenda. They truly seem to be motivated only by the desire to be helpful. This clarity of purpose and purity of intention contributes significantly to the work done in the sessions. Second, the dolphins seem able to connect and blend with various patients. They seem to adjust their personal resonance to fit that of the individual client. In interpersonal terms, we all know what it feels like to meet someone with whom we feel an immediate connection and familiarity. We say those types of people are easy to get to know or we feel as if we've known them all our lives even after a brief meeting. This same ability to adjust personality and/or resonance to someone in order to develop a deep connection is a skill that the dolphins display. This connection contributes substantially to the client's acceptance of the therapeutic work being done.

Finally, the dolphins are known to emit ultrasound waves that vary in frequency. Ultrasound therapy is used extensively for the rehabilitation of sports injuries. The alternate sound frequencies of the dolphins have been measured at levels that exceed those used in many hospitals to shatter kidney stones. As such, it is conceivable that dolphins' ultrasound is capable of affecting human tissue. Also, the variable modulation of the frequency appears to contribute significantly to the tissue and membranous releases noted by the therapists. The increased flexibility and reduction in adhesions as reported by clients is very likely attributable to the application of this ultrasound wave therapy by the dolphins.

Our initial observations point to the dolphins' innate ability to scan the body using a frequency to detect restrictions and match those vibrations exactly. When this occurs, the restrictions release. As therapists, we can feel what effect this resonance has on the body. We've observed that the dolphins accomplish this in several ways. They seem to be scanning almost constantly during the session. Then they choose a spot, swim in and make very gentle contact with the client. Sometimes, they choose instead to make contact with the therapist, using that person as a conduit.

→

around the bones would literally be vibrating at an intense rate. Then it would subside, only to start all over again. I can't tell you how different this was from any other treatment I've ever received, while at the same time being the same quality of therapeutic energy work just multiplied by a quantum or two. Also the direction of energy: from below up, rather than from above and down. Maybe that's a mistaken perception on my part. The salient point here is that I felt more energy and more work being done in the precise location of the injury than ever before. We shall see what tomorrow brings.

Journal entry for Tuesday, December 10, 1996

Another glorious day. My legs are still alive with the energies of that water, the dolphin awareness, the mysteries of the deep. My upper body does not really feel any different aside from a little fatigue of the last few days. Beneath the injury site it's a whole other world. Starting in my feet there is a constant flow and movement of impulse, an indescribable gyration of synergy that rotates and pulsates, ebbs and flows, buzzes and beats, vibrates and harmonizes with a myriad of sensations that move up and down my legs. This is more than I've felt down there since the night I fell out of that tree, maybe more than ever, since I am so much more attuned to the sensations down there.

And the location too: always in the past it has been higher in my legs. Starting way back when it was always centered in my buttocks area and pulsing out in an ever growing movement down my legs. But since the dolphin input, the center of the flow is in my feet and pulsing up from there. The other major difference is the quality of the sensation. Over the years it has slowly modulated from a burning, twisting and certainly painful, always disorganized, convulsion of nervous static. Gradually, it has slowly moved down my legs, lower and lower, less and less painful, more and more organized. That slow process has brought with it a very incremental return of function, both motor and sensory, that is very subtle but certainly palpable.

Which brings me to this morning, the energy web has moved all the way down into my feet and pulsating upward from there, it is a warm, I would say an almost glowing awareness of my feet and legs, tissues and bone. It feels so fine.

Later...

I believe a real step has been taken here, one more piece of the puzzle. Suddenly, I know it is time to get to work again, the physical rehab, mat work and walking. Getting back to the process that I've been working on for so long and only beginning to understand. I feel certain that the dolphins know what they are doing. Whether or not I can understand it or put it into words doesn't really matter. Perhaps words are too limiting to describe the incredible places these beautiful creatures can take us. At any rate, it's a very good place to be after all these years of searching. ■

We also have observed that the dolphins demonstrate a variety of responses to clients. The same dolphin did not always respond in a predictable way; rather, their interaction seemed to depend upon the client. Their method can be compared to that of therapists who work by following the lead of the client and adjusting their technique to the appropriate level best suited for that particular individual. Also, we saw several dolphins respond in nearly identical ways to the same client. In fact, for one woman whose disability included significant injury and paralysis to her right leg, each of three dolphins focused nearly exclusively on that leg during the sessions. Similarly, with a child who suffered from muscular dystrophy, each of the trio focused primarily on the right parietal as well as the left side of the body.

There were several sessions where we learned the value of deferring to the dolphin's decision regarding where and when to approach a particular client. We may have wanted a touch at a certain location on the body but the dolphin ignored our effort to direct her, only to select what later was regarded by us as a more appropriate location to release a restriction. It was as if the dolphin's whole body scanning ability provided a more accurate image of the tis-

sues than could our palpation skills.

The backgrounds of the clients who participated in the program were diverse, as was their previous experience with CST. For some, the program was their first exposure to CranioSacral Therapy, while several others had completed one of The Upledger Institute HealthPlex Clinic's intensive programs. While they represented a range of ages and dysfunctions, they all reported some degree of change in their conditions. Several commented on feeling a surge of energy during the sessions, comparing it to a very pleasant tingling or a mild electrical current. Others have mentioned experiencing releases faster and fuller.

It is too early to describe the ultimate value of working with dolphins. Perhaps Dr. Upledger said it best when he termed the project educational and therapeutic, with the potential to be used in preventive care and early diagnosis. For others, our experience with the dolphins' resonance relates to energy work similar to Therapeutic Touch and acupuncture. While our understanding of these methods is just in its infancy, by comparison, dolphins have been using these techniques throughout their existence. We now have the opportunity to learn more precisely what the dolphins are doing and, possibly, to adapt their techniques to our own. Already, several of the therapists have mentioned that their involvement in the program has enhanced their work. Who knows what opportunities may spring from the continued interaction between humans and dolphins! ■

Russell A. Bourne, Jr., Ph.D., is chief of staff at The Upledger Institute, Inc. HealthPlex Clinical Services in Palm Beach Gardens, FL, where Ray Mercurio, L.M.T., is a staff clinician. For more information about the dolphin-assisted therapy program or The Upledger Institute's clinical services, please call 561/622-4706, extension 9322.

Bibliography

- Cochrane, A, Callen, K, Dolphins and Their Power to Heal. *Healing Arts Press, Rochester, VT, 1992.*
- Goff-LaFontaine, J., Dolphin therapy: Therapists find that dolphins help engage unresponsive people. *Mainstream, April 1994, v18 n7, p30(3).*
- Jerome, R., The dolphin treatment. *People Weekly, Oct. 25, 1993, v40 n17, p175.*
- McNaughton, D., Meghann's swim. *Accent on Living, Spring 1994, v38 n4, p35(2).*
- Murphy, J., Dolphin Assisted Therapy. *Advance for Physical Therapists, Oct. 30, 1995, p16(2).*
- Stribling, C., My swim with the dolphins; is the media causing false hope about their healing powers? *Accent on Living, Spring 1994, v38 n4, p32(3).*
- Wautiuk, J., Dr. Dolphin, *New Age Journal, July/August 1996, p68 (8).*

INCREASE YOUR PRACTICE

303-840-7500

*Mastercard &
Visa accepted*

CompMed Billing

*for Complementary Medicine
formerly PARKER BILLING*

We do billing, which makes us

**The
massage therapy
billing experts!**

**Billing Guide
Kits Software
HCFA Forms - \$16.90*
Consultation
Billing, Bookkeeping,
& Secretarial Services**

**Complete Kit
only \$49.90*!
You will not be
disappointed!**

includes:

**7-page Billing Guide
15 Camera-Ready Forms
10-page Code Summary
with Evaluation Charts
& Correlating Superbill
(also sold separately)**

Marketing Aids

Full instructions

**prices include shipping*