

UpClose

OCTOBER 1997

HealthPlex Clinical Services

VOLUME 9

PILOT KEEPS DREAM ALIVE

Ken Duke's dream is to fly again one day. As a member of the Air National Guard and a commercial pilot, he felt a special joy in flying. But that feeling was taken away in June 1993 when his F-15 fighter crashed outside New Orleans.

The 33-year-old Louisiana native has come a long way since the accident that resulted in a significant head injury. Duke was in a coma for 32 days.

After years under the care of the Department of Veterans Affairs, he had made a good recovery and enjoyed a great deal of independence. But he still didn't feel like the man he was before the accident—he was not nearly ready to return to flying.

With his dream still in sight, he sought out other therapies that would continue his progress. He found CranioSacral Therapy and had weekly sessions with Sue Guynes, P.T., in New Orleans. Guynes recommended the intensive therapy program at The Upledger Institute, Inc., HealthPlex Clinical Services.

But the question of how much further Duke could go seemed to be in the hands of a VA physician. Would the VA pay for this therapy?

"The VA doctor had heard about UI," Duke says. "But he felt it wasn't worth his time to consider it."

In the end, however, Duke believes it was his father's tenacity in pushing through

Ken Duke spent 32 days in a coma after his F-15 fighter crashed in 1993.



the paperwork that got the doctors to "give him a break" and allow him to come to the UI HealthPlex.

"For me it's been a Godsend. My speech has improved so very much, and my mind, my hand - it used to shake," Duke says. "These are minute details but they mean a lot to me."

As an example of the improvements that occurred during the intensive program, Duke cites his morning routine of reading devotionals aloud. "My dad heard me the other day and he really noticed a difference. It used to take me more time, but now I can read two or three sentences in a row," Duke says.

His dream of flying is once again alive and well.

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**UI HealthPlex Hours
8 AM - 7 PM, MON - FRI**

AN ECLECTIC AND INTEGRATIVE APPROACH TO TREATMENT

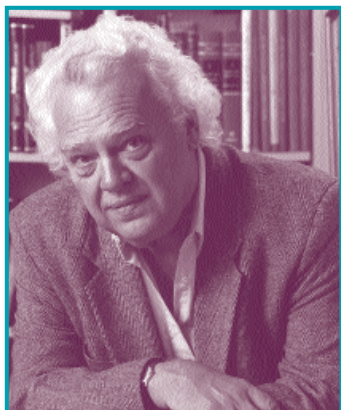
by John E. Upledger, D.O., O.M.M.

There's an old saying: "If all you have to work with is a hammer, everything looks like a nail." Unfortunately, patients often end up feeling battered by therapists who insist there's only one way to solve their health problems.

While it's fine to specialize — I personally have a predilection for CranioSacral Therapy — the following case illustrates how important it is to remain flexible about what's needed in any phase of healthcare.

Various modalities can and should be integrated. In patient care there's no room for devotion to a single approach, and there should be no boundaries between disciplines.

In this case, the patient is a 43-year-old woman with one child. She had four D & Cs (dilation and curettage) prior to the delivery of her child, and a tubal ligation shortly afterward. Aside from her chief complaint and the usual childhood diseases, there was no other significant medical history. She did have orthodontia work during



preadolescence, to which she related some of her problems.

Her chief complaint, which began at about age 10, included abdominal bloating and pain. She'd also suffered frequent bouts of constipation since her early teens. More recently, she had whole back and neck pain, and difficulty with concentration and focus. She'd lost some hearing acuity and had almost constant tinnitus. Episodes of nearly debilitating fatigue came on with growing frequency.

Previous treatment regimes had produced varying degrees of short-lived relief, but none had offered complete remission of symptoms, even temporarily.

The treatment I facilitated involved a combination of integrated therapies: CranioSacral Therapy coupled with acupuncture to regain energy flow and release restrictions, Visceral Manipulation to release abdominal tension patterns from the internal organs, and spinal manipulation combined with myofascial release, costal manipulation and pelvic balancing to correct the peripheral structural problems.

Dental trauma was found to be a major contributing factor, so we also did some tooth and mouth work. And Somato-Emotional Release revealed issues with the patient's father involving the lack of self-esteem development when she was a child.

Approximately 20 sessions have been completed thus far. The problems keep dropping away as her body accepts the work and trusts that whatever is needed will be provided.

Presently, almost all of her symptoms are gone. A combination of treatment modalities have helped this patient accomplish body-mind integration, and successfully assist in her self-healing.

• CranioSacral Therapy

CranioSacral Therapy is a gentle method of evaluating and enhancing the craniosacral system, the environment in which the brain and spinal cord function.

Developed by John E. Upledger, D.O., O.M.M., this light-touch manual therapy encourages the body's natural healing mechanisms to improve the capability of the central nervous system, dissipate the negative effects of stress, strengthen resistance to disease and enhance health.

• SomatoEmotional Release®

Joint research conducted by Dr. John Upledger and biophysicist Dr. Zvi Karni led to the discovery that the body often retains the imprint of physical forces from accidents, injuries and emotional shock. SomatoEmotional Release is a therapeutic process that expands on the principles of CranioSacral Therapy to help rid the mind and body of these residual effects of trauma.

• Visceral Manipulationsm

At optimum health, there is an interconnected motion between all the body's organs. Hyperton-icity, displacement and adhesions, however, can all cause organs to work against each other, creating chronic irritation that can pave the way for disease and dysfunction.

Visceral Manipulation enhances the mobility and tissue motion of the organs of the visceral system. These delicate techniques developed by French osteopath Jean-Pierre Barral can improve the structure and function of the organs, their systems and the entire body.

Your Inner Physician and You

CranioSacral Therapy is fast becoming one of the world's leading natural therapies — and a ray of hope for patients everywhere searching for relief. In *Your Inner Physician and You*, Dr. Upledger recounts his personal experiences exploring and developing this gentle technique that enhances the craniosacral system, the area in which the brain and spinal cord function.

To order the new updated edition,
call 1-800-233-5880, ext. 9406.

UPCOMING SPECIAL PROGRAMS

Brain & Spinal Cord Dysfunction: Improving Structure and Function

December 8 - 19; January 5 - 16, 1998; January 19 - 30; February 9 - 20;
February 23 - March 6; March 16 - 27; April 13 - 24; April 27 - May 8;
May 18 - 29; June 1 - 12; June 15 - 26

Brain & Spinal Cord Dysfunction: Improving Structure and Function (One week)

March 9 - 13, 1998

Brain & Spinal Cord Dysfunction: Improving Structure and Function (Re-check)

March 30 - April 1, 1998; April 1-3

Therapist Rejuvenation: Replenishment and Renewal

February 2 - 6, 1998; May 11 - 15

Pain: A Search for the Source

December 1 - 5

Learning Disabled Children: Solving the Problem

April 6 - 10, 1998

SHARECARESM WORKSHOPS

This one-day workshop explains
CranioSacral Therapy in everyday terms
and teaches a few simple techniques you
can use to help yourself or family members.

November 8 - Palm Beach Gardens, Fla.

December 3 - Dunedin, Otago, New Zealand

December 7 - Cape May Court House, N.J.

January 17, 1998 - Palm Beach Gardens, Fla.

February 21 - Warren, Mich

March 14 - Oahu, Hawaii

March 21 - Palm Beach Gardens, Fla.

March 21 - Milwaukee, Wis.

To register or for additional dates, call:

**(561) 622-4334, ext. 9406,
or 1-800-233-5880, ext. 9406.**

For more information
or to register for special
programs, please call
(561) 622-4706,
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MEET CATHY R. PLISCOF, Physical Therapist

Cathy Pliscof, P.T., director of the intensive programs at UI HealthPlex Clinical Services, can sum up her therapeutic philosophy in a single word: responsibility.

"In every program, we offer patients the opportunity to find in their lives a richer, deeper meaning that extends beyond whatever diagnosis brings them in," Cathy says. "We seek that for all our patients, young and old — to more fully understand the depth of their own resources, and how they directly contribute to the results they see in their lives."

Cathy's ability to facilitate that process stems from nearly 20 years of experience. She received her Bachelor of Science degree and certificate in physical therapy

from Russell Sage College and Albany Medical College School of Physical Therapy in Albany, New York, in 1979. Later she worked in both hospital and outpatient settings, maintaining such positions as director of physical therapy, chief physical therapist and coordinator of clinical education.

Today she integrates her own particular therapeutic art form in a wide range of specialized programs, including those addressing brain and spinal cord dysfunction, learning disabilities, autism, therapist rejuvenation, post-traumatic

stress disorder, cancer recovery and pain.

In addition to manual therapies such as CranioSacral Therapy, SomatoEmotional Release and Visceral Manipulation, Cathy stresses education in self-management techniques to encourage her patients to

take responsibility for their own recovery.

"When you come into an intensive program, you'll find a safe and accepting place to work your way through your difficulties and reach the other side," she says. "Rather than judgment and criticism, we offer the chance to really experience the condition you find

yourself in, and then discover what gifts lie beneath it. What you know about yourself can serve you better."



YOUNG DANCER MAKES GAINS, Leaves Past Behind

Melissa Barber has not allowed cerebral palsy to limit her life. Her mother, Patricia, has seen the 12-year-old make tremendous strides during years of physical and occupational therapy — from not being able to walk to getting around on her own with the use of a cane.

When Melissa was dismissed from her PT and OT programs a few years ago, the Barbers began to seek out other therapies to help her gain more independence. A massage therapist near their home in Tifton, Ga., told Patricia about CranioSacral Therapy.

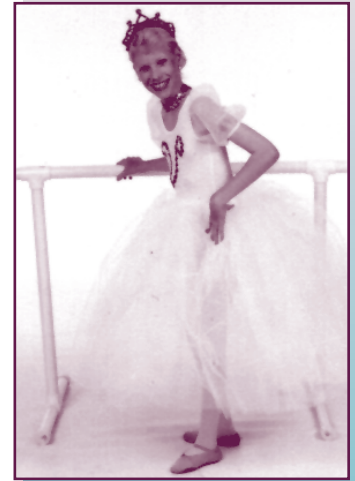
“I was skeptical because the concepts of CranioSacral Therapy — that cranial bones move — are contrary to my nursing training,” Patricia recalls. “Yet I was hopeful and prayed for a sign that this was the way to help Melissa.

“One week later, I talked to one of Melissa’s former physical therapists. She highly praised CranioSacral Therapy. That was the answer we needed.”

Before coming for the intensive program at UI HealthPlex, Melissa had a few CranioSacral Therapy sessions in Albany, Ga. The CST practitioner found that Melissa’s coronal suture was restricted. Once the coronal suture restriction was reduced, her attention skills improved and Patricia decided to take Melissa off Ritalin.

Later, when they came to UI HealthPlex for the intensive program, Patricia saw even more changes in her daughter. She stood straighter and walked more smoothly without the cane she used to help her balance. Melissa’s upper body seemed stronger; she appeared to vault up on the table when it was time for therapy. Patricia saw emotional changes, too, as her daughter was more comfortable speaking for herself.

Before they left for home, Melissa announced that she wasn’t taking her cane because she didn’t need it anymore. One more limit had fallen away.



Melissa now enjoys swimming and Danceability classes, where she has appeared in recitals for the past two years.



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