

COMMON CAUSES OF THE REOCCURRENCE OF AN ILLNESS OR A RELAPSE AFTER TREATMENT.

THINGS TO AVOID AFTER TREATMENT SESSIONS

POSTURAL HYGIENE

These postures should be strictly adhered to

Standing

Evenly balanced with your body weight equally distributed between both feet. If this is not the case, your pelvis is not level.

Sitting

With your two sitting bones on the edge of the chair (these are the bones under the but-tocks that you feel when you're sitting on a hard bench). Definitely not sitting on your thighs or leaning against the back of the chair for support. Both feet flat on the floor, tipping the pelvis slightly forward (as you would do if you were sticking your stomach out) to keep your lumbar vertebrae in its natural position (the position it would be if you were standing up). Relax your shoulders, and be sure that you are holding this position without any effort or muscle tension. This is the ideal position for working at a desk.

Lying down

On your side or back, NEVER on your stomach. The pillow should be the appropriate size to allow your head to be at a natural angle to the body when you're lying on your side. The head should not be facing down towards the mattress nor facing upwards. The ideal position is the "recovery position" which all first-aiders will be familiar with.

Your mattress (VERY important)

If you've had your mattress for 5 years or more, it will have the permanent imprint of your body because people ALWAYS sleep in the most comfortable position for their body.

Recommendation: When turning a mattress, never turn it sideways. Always turn it over lengthways, from head to foot, so that your partner does not end up in your body's "imprint" and vice versa. You may be surprised to find that you can feel your "imprint" with your hand, as it will be less firm than the rest of the mattress. Don't forget that people spend far more time in their bed than in their car, yet do not consider their mattress as a priority.

BABIES

Lifting a baby by the thorax is strictly forbidden

Do not lift a baby by the thorax under the armpit. Be very careful, and don't let anybody else lift your baby by the armpit as it is the best way to unsettle the thorax. Child minders, nannies, grandparents, etc. need to be advised too. A baby or child must not be lifted by the thorax because in doing so the whole body weight will be concentrated onto the first ribs and the thumbs from those who are taking the child will push the upper ribs in a posterior rotation!

How to lift a baby:

Put your right hand between the legs under the rump and your left hand under the head. Then bring him near you and put your right forearm under the rump, keep your left hand supporting the head. The head is very heavy compared to the rest of the body that's why it has to be supported.

Do not sleep your baby on the stomach:

Do not lay your baby down on the stomach to sleep and do all that you can to prevent them sleeping on the stomach: You can buy or make a body harness to allow them to sleep on the side or on the back. Or you can attach a ball to the sleeping outfit in the area of the thorax or the sternum therefore making sleeping on the stomach very uncomfortable.

Travelling:

Insure your baby not to sleep with their heads tilted to the side, sometimes drop-ping down sideways or forwards. This would result in a lot of tension on the first cervical vertebra which is responsible for pharyngeal spasms. Use a towel (rolled up) or a neck collar to maintain the head when you travel by car train or plane).

Dairy products:

Dairy products consumed in large amounts are toxic for the organism. Do not give soya milk.

CHILDREN

At school

Nowadays teenagers are taller than they were in the last decades. A major problem is that school desks and chairs have not evolved to compensate this phenomenon. So teenagers are not able to sit properly because school furniture is not big enough for them.

At home

Teenagers are used to slouch on the sofa or to slump in front of the TV, with their backs totally rounded. This leads to a curvature of the upper back and prevents the lower vertebrae from staying in their natural position.

Schoolbag

Your child's schoolbag should not be too heavy. In most cases the school is responsible for the schoolbag's weight, so you cannot do much against this problem. Ideally children should carry as few things as possible.

Shoes

Children should wear really strong shoes with leather sole. Wearing sneakers all the time is a cause of lots of problems because they are too soft. The body needs a hard surface to develop properly. We can compare children who walk bare-foot and have a healthy diet (like in Arabic countries), who have strong and muscular bodies, and the ones from "rich" countries who wear sneakers, eat junk food and become fat and weak. In a few words: a body which develops on a soft surface will be fat and feeble.

A body which develops on a hard surface will be slim and muscular. Your children need proper shoes, not rags which are worn out after two or three months.

Travelling

Insure young children not to sleep with their heads tilted to the side, sometimes drop-ping down sideways or forwards. This would result in a lot of tension on the first cervical vertebra which is responsible for pharyngeal spasms. Use a towel (rolled up) or a neck collar to maintain the head when you travel by car train or plane).

ADULTS

At work

For people who are hard workers (including nurses who have to handle heavy patients) it is difficult to avoid becoming destructured. They must think before handling charges in order to avoid twisted positions and keep their body in the correct axis. You must also think about a correct posture in an office, in front of a computer, on an assembly line...

Sport

Moving is life, so of course sport has to be done in the appropriate manner.

Joining a gym might be a good thing but if the body is out of balance the musculature will lock the person in their problems and it will be impossible to correct them. Avoid violent sports for children if they cause violent falls, e.g. Judo. Team sports, like rugby for teenagers are allowed.

In a nutshell

Listen to your body and the messages it tells you. Try to be comfortable. When you sit, stand or lie down properly no uncomfortable sensations should be felt (if you have been properly restructured)

Pay attention to your body instead of ignoring it.

CHECKLIST

- Avoid sneakers except for the gym (nothing should be soft under your feet)
- If you wear a heelpiece keep it at all times
- Stand up: weight equally balanced on your two legs
- Sit down: arch your lumbar vertebra to avoid hunching the shoulders
- Sleeping: never on the stomach
- Avoid carrying a bag on only one shoulder, distribute the weight evenly, i.e. a rucksack
- Do not lie down on the sofa with your head on the arm-rest
- Never lift a child under the armpits
- Book a new session in cases of shock or after participating in contact sports