

# STANDING TALL FOR THE NEW YEAR

Zoe Roberts, MFHT, tells us about spinal touch therapy and how posture changes can significantly improve your clients' lives

WORDS ZOE ROBERTS

Spinal touch therapy is a gentle, simple, light touch treatment activating our own inner healing resources, enabling our body to release our inner powers and recover. It's also an amazing detoxification on all levels, so most definitely a great way to start the new year.

Our bodies become more distorted when they are fatigued, stressed and strained. When the body suffers strain, it can become affected in different ways – pain, digestion, circulation – and uncorrected distortion or stress can often lead to disease. When our bodies are in a continuous stress (fight/flight) response, everything becomes so much tighter, creating not only misalignment, but also creating fear which can manifest into a physical form, internally or externally, as a disease.

The sacrum is a focal point of stress and affects all of our organs. Depending on the direction and extent of slipping, the sacrum can put extreme tension on the muscles affecting the hips, legs, lower back, abdominal area, shoulders, chest cavity, neck and all of the internal organs and their functions. When we speak of the organs of the body, we are including all functions of the skeletal system, the muscular system, the circulatory system, the respiratory

system, the digestive system, the sensory system, the urinary system and the reproductive system. Therefore, contrary to popular belief, aligning your sacrum benefits the whole body and not just the muscles of the back.

## HOW DOES SPINAL TOUCH THERAPY WORK?

The body's centre of gravity is located around the junction of the fifth lumbar vertebra and the first sacral segment. If the centre of gravity is displaced, then the balanced, dynamic tension of the muscles can be disturbed. This, in turn, can affect the nerves, leading to pain and dysfunction. Also, the balance of the body can be affected, so that the body's innate healing abilities are also altered.

Spinal touch therapy assesses the positions of the centre of gravity and any postural distortions. Stress and strain often lead to these distortions. This simple technique restores the balance of the centre of gravity and corrects posture. This frees the muscles and, in turn, the vertebrae, nerves and innate healing abilities of the body. As a result, pain reduces and functionality increases.

Not only does the treatment reduce pain, sometimes after just one session it works on a much deeper level of helping the preservation of a healthy body.

## WHAT DOES A TYPICAL SPINAL TOUCH TREATMENT ENTAIL?

Initially, the client will be assessed standing at a plumb line and some discreet marks may be made on their body. A contact point will be found and tested, which is usually around the gluteal fold (where the bottom meets the back of the upper thigh). The client

Over the years spinal touch practitioners have found that this holistic treatment may be helpful to people who have been diagnosed with the following conditions:

- Ankylosing spondylitis
- Anxiety
- Arthritis
- Asthma
- Back pain
- Balance problems
- Digestive problems
- Fatigue
- Frozen shoulder
- Headache
- Infertility
- Insomnia jaw problems
- Joint pain
- Low energy and fatigue
- Lumbar pain
- Menstrual problems
- Migraine
- Multiple sclerosis
- Neck pain
- Pins and needles
- Problems during and after pregnancy recurrent infections
- Repetitive strain injury
- Scoliosis
- Sciatic pain
- Sinus problems
- Sports injuries stress
- Tennis elbow
- Tension
- Visual disturbances
- Whiplash injury and more



will then be asked to lie on their front while the treatment is given.

This is a very gentle massage. As practitioners, we call it the 'rub out', using only the index finger to rub up and down three times, and left to right three times on each acupressure point, connecting with the sacrum initially, working around the glutes, either side of the spine, shoulders, base of the skull and stomach while using thumb contact at the base of the glute to help realign

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## TIPS FOR GOOD POSTURE

Good posture helps prevent excessive strain on the joints and muscles of your body, which helps to reduce pain and minimise risk of injury. Good posture can also help to boost your self-esteem and mood, which is needed more than ever in our busy lives.

### Here's my seven tips for good posture:

1. Stand straight and tall with your shoulders back
2. Keep your head level and in line with your body
3. Pull in your abdomen
4. Keep your feet shoulder-width apart
5. Don't lock your knees
6. Bear your weight primarily on the balls of your feet
7. Let your hands hang naturally at your sides

the client's posture. It's a process which many of my clients describe to be relaxing.

After the treatment, clients will be measured at the plumb line again where their new posture will be compared. The difference can be remarkable, and clients very often feel the instant lift; they become straighter and grow taller as the body realigns itself, which is magical to watch. Some clients can realign after one treatment and others can take a little longer, depending on the severity.

With reference to joint pain and sciatic pain, spinal touch is a therapy which works on the soft tissue and can help to undo tensions and postural distortions. It assists in restoring alignment, and restores the balance of the centre of gravity (sacrum). It can therefore help in reducing strain on joints and excess tensions, and restore freedom of movement.

After many years of being a spinal touch practitioner, I am still amazed at the results from each and every client. It is such a gentle treatment with such powerful results and, for so many, can be life changing. **TWR**