

Steps for Re-education or Re-facilitation of Use

These are general steps, that can be used in re-patterning use of the body. We “teach through touch” a pathway of movement; a pattern of sequencing and neuro-muscular activation that can be not only a spatial pathway, but also a matter of tone, softness or firmness or movement quality, sequence of activation of eccentric, isometric, or concentric contraction, and even state of consciousness (and more) in this series of steps.

1. **ONLY THERAPIST:** Therapist moves client’s limb; client is passive (sensing).
2. **BOTH-THERAPIST GUIDES:** Therapist and client both participate in movement as therapist guides pathway and effort.
3. **BOTH-THERAPIST GUIDES & RESISTS:** Therapist offers both guidance as in 2., and gentle resistance at the same time. This gives slightly more proprioceptive feedback to client’s body part in while in motion, and therefore can afford them the possibility of recruiting more motor units, or more precise use of motor units in effective the desired action and pathway of action.
4. **ONLY CLIENT:** Client does/practices the movement alone while therapist observes.
5. **ONLY CLIENT WITH OUTSIDE RESISTANCE.** To bring on more motor units in new pathway and activation pattern of use.

Working with Ligaments for Even Joint Spacing

A ligament is a short band of tough, somewhat flexible, fibrous connective tissue. It straps bones and sometimes cartilage in place over the various kinds of joints. This touch teaching can be done in any ligamentous tissue at any spot wherein they connect bone to bone or cartilage for greater alignment, ease, even space around a synovial joint for better aligned use.

1. Observe the joint and locate the pathway of the ligamentous strap. Find boney landmarks on or near each end the ligament so that the fingers or hands can push or grasp and gently pull.
2. Begin by either approximating (moving ends closer) or elongating (moving ends farther away from each other). Notice the feedback of the tissue. Do they resist or go with the direction you’ve chosen?
3. “Follow the tissue” in the direction it seems to be moving. Notice when it slows or stops.
4. Follow the tissue into a rebound in the opposite direction. Follow this as far as it goes.
5. Notice the effect. See if this has brought greater alignment, stability or other desired change to the use and sensation of the joint.
6. See what other joints may be affected by this work. Continue with nearby ligaments or those directly on the other side of the joint space in question.