



Your strong back partner....

Heskiers OneTool

The All-in-One Bodywork Tool for:

Optimizing Health and Performance
Treating Pain Naturally and Effectively

Soft Tissue Treatment Techniques using the Heskiers Method

The Heskiers OneTool

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**Applicable for all Bodywork Treatments,
Sports and Self Treatment – At all Levels**



Instructions for the Heskiers Method while you are listening and feel inspired to use the Heskiers OneTool on yourself

Please **OBSERVE**:



PROTRUSIONS:

USE A GENTLE PRESSURE – Sink in

DO NOT WIGGLE – Make micro-manipulations



CURVES:

STROKE GENTLY – In both directions

DO NOT RUB – Apply a gentle pressure

Fit the curve to achieve the best results



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The Heskiers OneTool offers:

- A new manipulation technique, micro-manipulation
- A new Guasha technique that doesn't bruise
- A new deep fascia-release technique – with less pain
- A new way to address the flow of the interstitial fluid
- A new protrusion; lower palm protrusion
- A new design principle that make the Heskiers OneTool work as a prolonging of the hand as well as make it effortless to use it and magnifies feedback
- A new intuitive approach to self-treatment with easy technique
- Free instruction videos on Heskiers.com, Facebook/Heskiers, Youtube

How to Use the Heskiere OneTool for Practitioners



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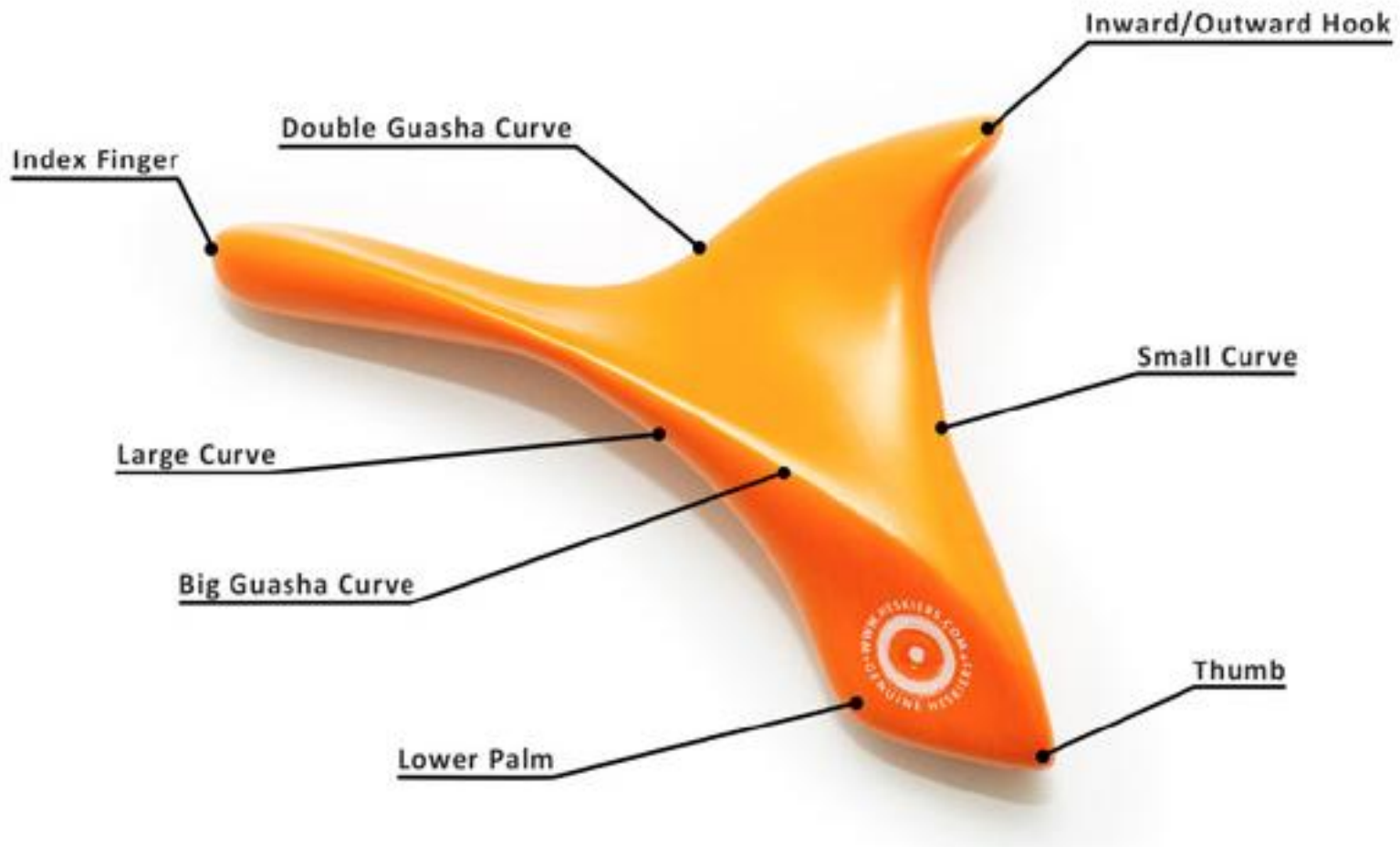
Heskiers OneTool – Self Treatment



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Heskiers OneTool Protrusions and Curves



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Heskiers Method :

Release / Disperse Technique

-for Pain, Tension and Muscle Tightness



Release with a gentle pressure while counting to 99 = Equal to 1.5 minutes - what is needed to reboot the cellular memory



Disperse by stroking gently 99 times with the designated curves over the area where the pressure was applied to disperse the released energy.



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Heskiers Method:

Manipulation with the protrusions:

- Sink in gently – do not wiggle
- Let the tissue open itself
- Use the gravity (the weight of your hand) to apply a pressure - support with a gentle pressure if necessary
- Use your attention to manipulate – with micro-movements
 - Bulk stern: pushes the tissue aside
 - Line orientation: makes the turn off/turn on of energy flow possible
 - Pyramid orientation: makes precise manipulation
- Protrusions mimic how the finger looks when down in the tissue and refines the movements we do with our fingers – each protrusion has a specific possibility
- Tool gives feedback to you by magnifying the nodules or tensions in the tissue
- Magnifying is possible due to the Fulcrum principle and the nylon compound's resemblance to human tissue



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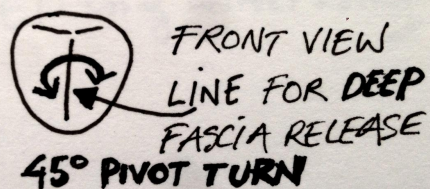
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Index Finger Protrusion



- Mimics how the finger looks when it is at the Point in the tissue.
- The shape of the tip enables you to:
 - release with a broad pressure
 - move along the point of issue with a soft, long round tip
 - give precise pressure with a point when turned upside



- pivot turns on / off the energy
- pivot turn: deep myofascial tissue release



Thumb Protrusion



- Disperses the pressure on the thumb into the hand and thereby saves the thumb joint
- The shape enables a:
 - release with a broad pressure thumb-pad
 - mimic of the edge of the thumb
 - mimic of the 2 corners of the tip of the thumb
 - diagnosis of small nodules



Lower Palm Protrusion

- Opens muscle tissue, especially on the large areas of the body
- Saves bones in the hand closest to the wrist
- The shape is good for treating:

Large flat muscle areas such as the back, chest and stomach

Thighs: Work the IT band - with combination of the protrusion, the large curve, the big Guasha curve and the surface with the logo



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Lower Palm Protrusion

- Same Lower Palm protrusion from another angle – notice that the tool is only kept in the hand by the thumb - effortlessly
- This protrusion is especially good for ‘opening the patient’ - make the patient’s body ready for treatment
- Gives the ability to manipulate larger areas





Inward Hook Protrusion

-deep fascia release



- Mimics the fingertip manipulations that administers pressures that goes towards you.
- The shape enables you to:
 - work the backside of the shoulder while holding/adjusting the arm
 - make deep myofascial tissue release
 - Excellent for treating your own back of neck, shoulder and the back of the head for headaches - migraines





Outward Hook Protrusion

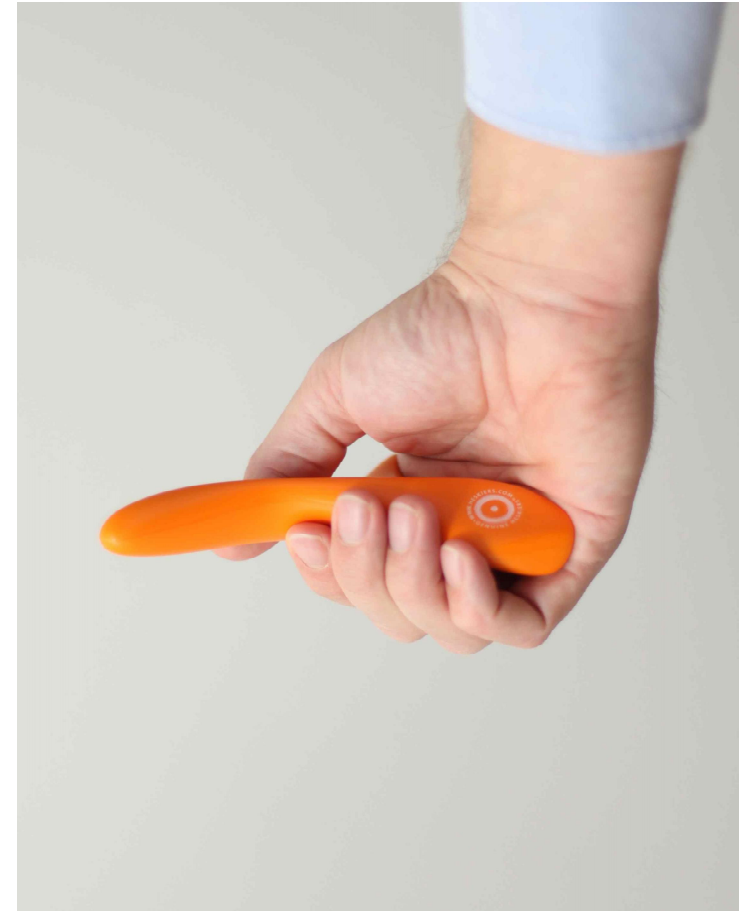
-also deep fascia release

- Works on the lifting rod principle – using the axis close to protrusion
- Can both be fitted into the hand (photo) or operated with the fingertips
- The shape enables you to to:
 - release deep myofascial tissue with a twisting technique
 - can be used instead of the thumb –saving the thumb joints
 - gives lot less pressure pain for the patient

Index Finger Protrusion for Sciatica

Slide it to the top of the palm

- Mimics how the thumb would treat the Buttocks
- Manipulates the M Piriformis for relaxation and release
- Disperses the energy needed to apply a sufficient pressure out into the whole hand
- Good for treating the backside of knee –both for knee injury and lower back pain - BL 40 is the distal cardinal point for lower back problems



Thumb Protrusion turned to use on lower back



- Place the thumb protrusion as a prolonging of the knuckles
- Mimics how the Thumb normally is used to apply pressure to the lower back when the lower back hurts
- The protrusion is operated like turning a doorknob, applying pressure with the tip
- Allows for a very precise manipulation



Heskiers Method: Manipulation with the Curves:

- Stroke gently – do not rub !
- Be sure that the curve fits the part of the body!
- Disperses the released energy and waste
- Continued strokes helps the flow and function of the interstitial fluid
- Evokes and invigorates the tissue: works against atrophy or lack of energy
- Energetically works like the mother's healing hand on the little guy that just hit his fingers and comes running to mum for pain-relief



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Large Disperse Curve



- Gentle Strokes promote the flow of the interstitial fluids
- Disperses just released energy: 2nd part of 99/99 Method
- The Curve is designated for the:
 - Lower extremities
 - Lower Back and Buttocks
 - Large muscle-surfaces –like the upper chest
 - Occiput / back of neck /skull (channels)



Small Disperse Curve

Remember to have the hook protrusion pointing towards the spine

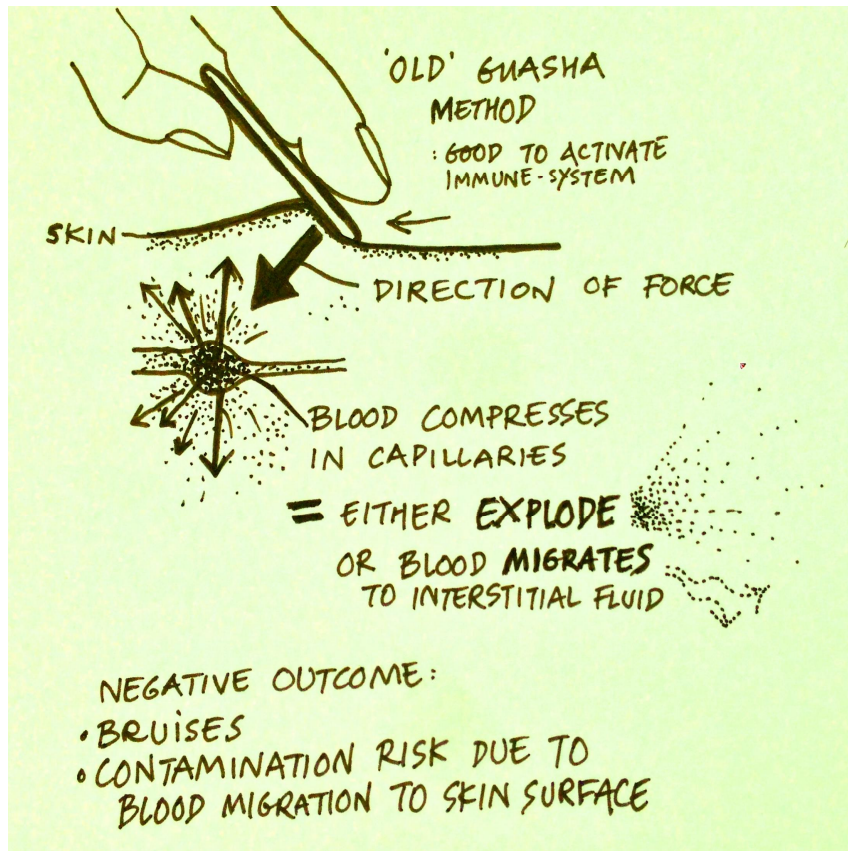


- Gentle Strokes promote the movement of the interstitial fluids and Disperses the just-released energy
- Fractal mimic of Tui Na and Qi Gong hand movements to invigorate cellular function in deep level tissue and promote bone growth
- The Curve is designated for the:
 - Upper extremities
 - Back of the neck – good for tension headache
 - Achilles and general ankle area



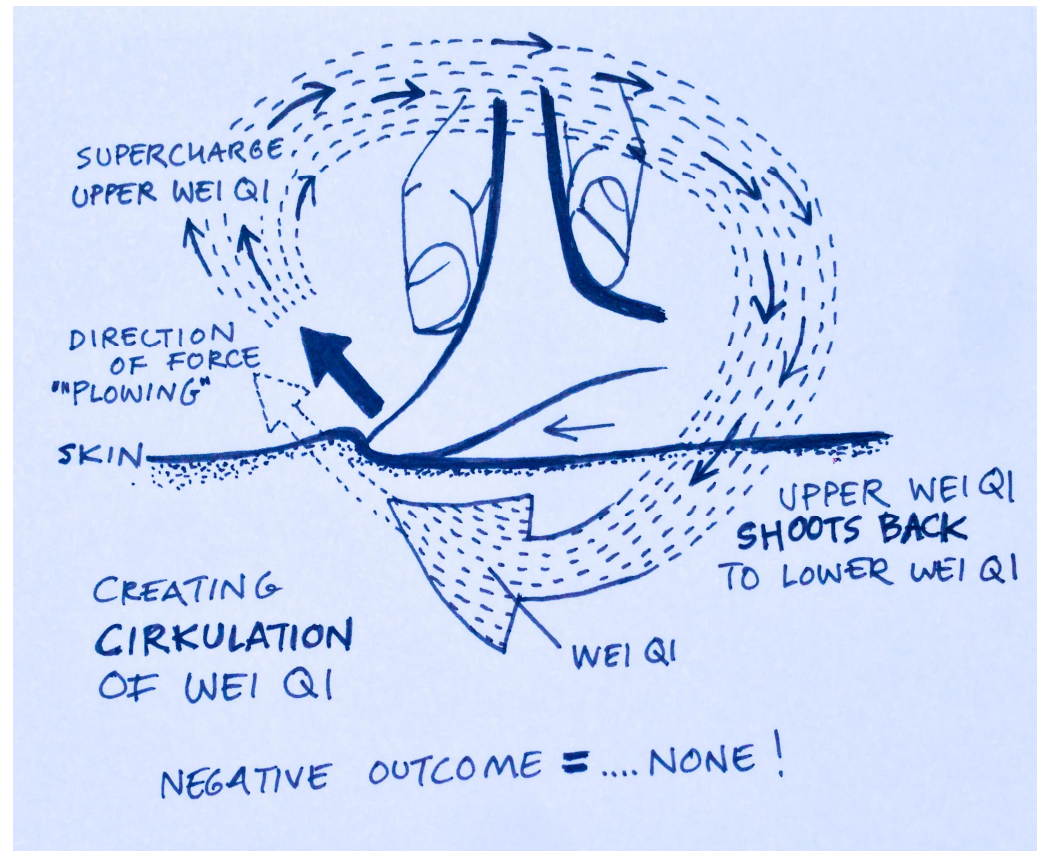
NEW GuaSha Method:

OLD METHOD:



- The GuaSha method is a 3500 yr old method to activate the immune system. The downsides:
- Can cause Bruising
- Contamination risk – brings blood to the surface

NEW METHOD:



- Downsides: None
- Upside: No bruising and faster recovery due to circulation of the Wei Qi



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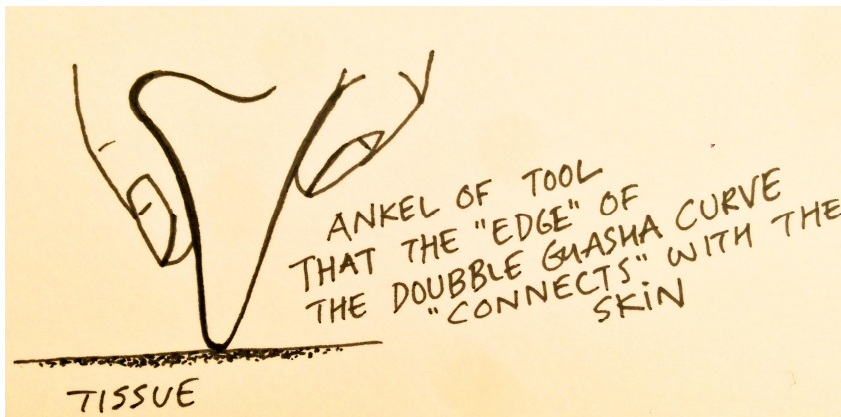
Double Guasha Curve



- New way of practicing an ancient Chinese Medicine technique for releasing and removing stagnation
- Now possible to treat TMJ and tension in the face and smooth the skin
- Invigorates joints – The Double curve design makes it possible to work over joints
- Disperses stagnated fluid in the tissue and joints
- Treats both the nooks and crannies of the body –even in one stroke
- Can access all tissue that needs the release of stagnation
- Special feature: the capability to treat M Rhomboids, M Trapezius and C5 nerve at same time
- Pre-Sports treatment for minimizing the possibility of injuries



- The double curve must have the hook protrusion pointing towards the spine to be correctly placed
- Flip the
- The double curve must have the as much of the curve in contact with the patient as possible in order to achieve the intended release



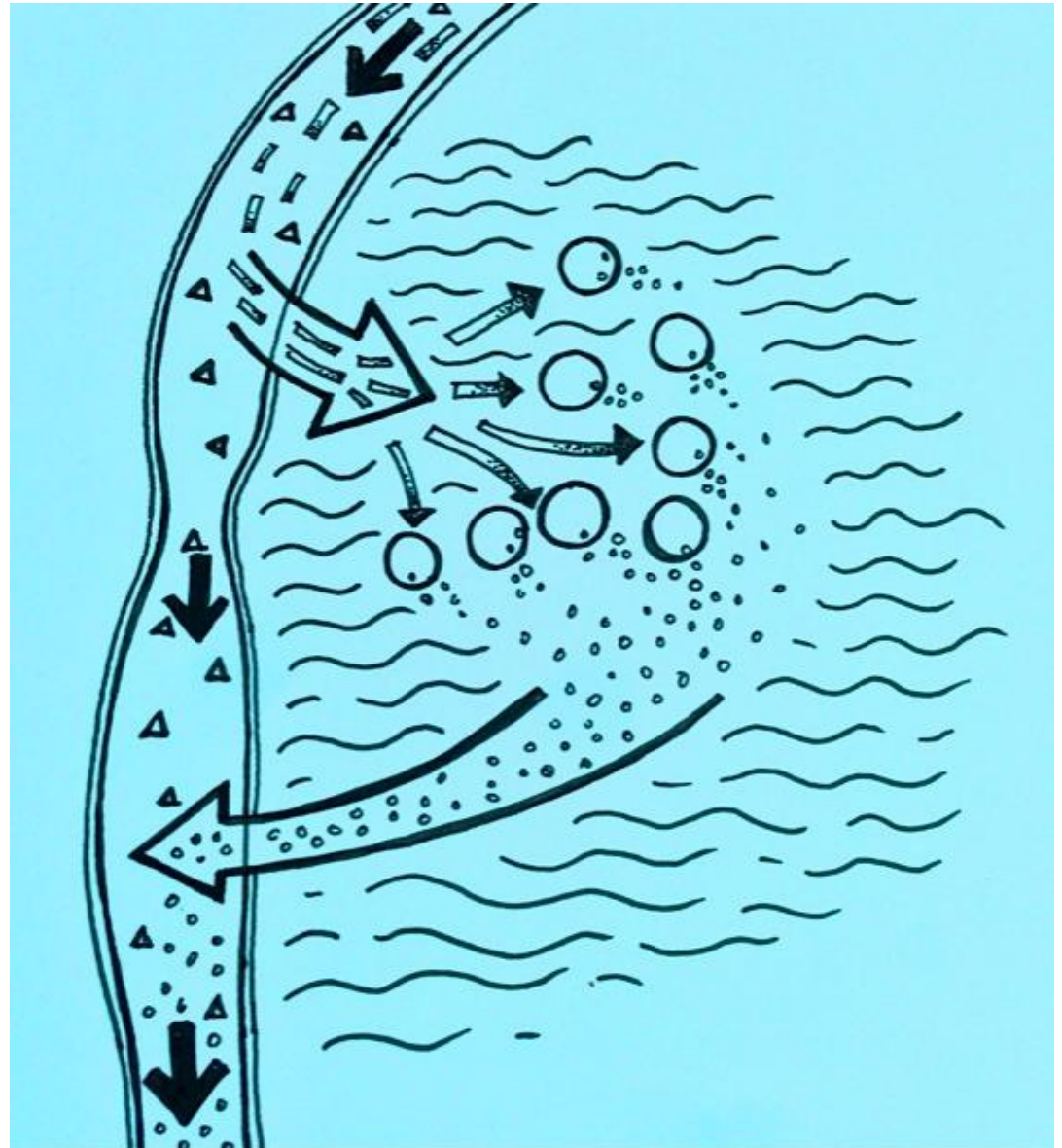
Big GuaSha Curve



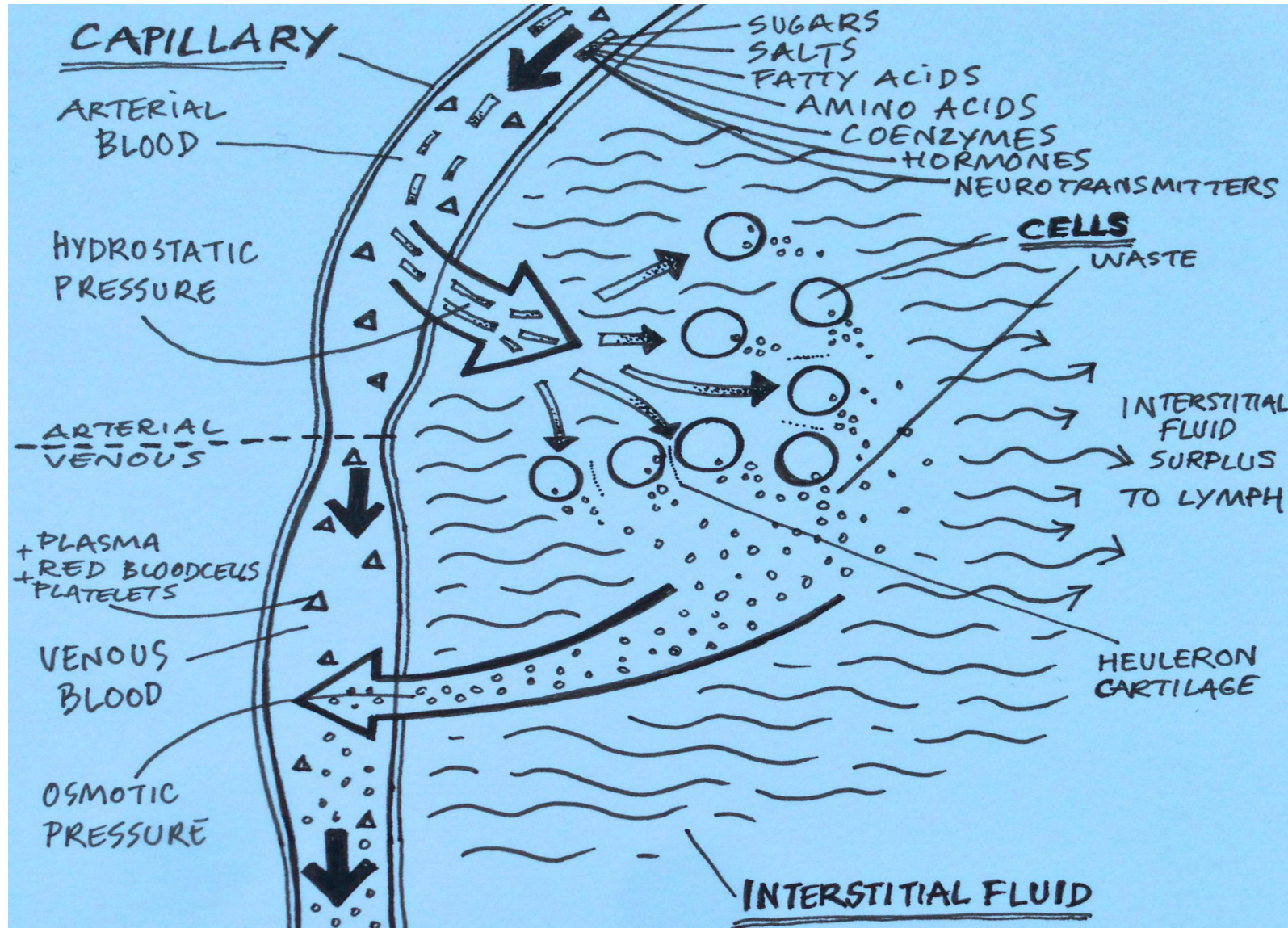
- This curve combines the Guasha, lower palm protrusion and the large Curve for opening and relaxing the muscles
- Opens the large muscles and relaxes areas for further treatment
E.g. Acupuncture, Osteopath, LMT or Chiropractic manipulation
- Disperses stagnated fluid in tissue
- The strokes feels very comforting and helps create trust in the practitioner

Flow of the Interstitial Fluid

- Supports the Arterial blood for the delivery of:
 - Sugars
 - Salts
 - Fatty Acids
 - Amino Acids
 - Coenzymes
 - Hormones
 - Neurotransmitters
- Increases waste removal from the cells
- Increase lubrication of muscle tissue
- Enhances Performance and Function
- Promotes faster recovery
- Increases cellular balance
- Enhances levels of oxygen to muscle tissue
- Promotes fluid movement into the joints



Flow the Interstitial Fluid in detail:





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Samples of Self Treatment





Summary of the Heskiers Method using the Heskiers OneTool



- Saves your hands.
- Gives you a more variety to go with your existing treatments.
- Gives you new methods that go along with your existing methods and expertise.
- Magnifies feedback from tissue.
- Engages your patients in their own recovery.
- Enhances athlete performance.
- Optimizes daily recovery and comfort.
- Increases loyalty and word of mouth.
- Crosses over all segments of Bodywork and Self Treatment.



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The Heskiers Method

Treatment Protocols for the Heskiers OneTool



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Chiroform Ltd • Mariendalsvej 22 • 8800 Viborg • Denmark
Tel. +45 86613611 • E-mail: chiroform@chiroform.dk
www.chiroform.com

Treatment Protocols for Heskiers OneTool



These 34 Protocols for the body can be administered both by the Professional Bodyworker and as Self Treatment when possible



Theses protocols are directed towards supporting the changing of chronic symptoms a well as for use with acute sprains, contusions level 1 and 2 and for supplementing other medical care



The finding of a point to treat relates more to Ashi points than directly to a given acupuncture point or points described as trigger points, etc.



The Muscles and their Tendons and the Ligaments have plenty of signals to react upon –the pain and nodules felt are great advisers.



Opening up to you subtle sensory abilities supports and strengthens this treatment method

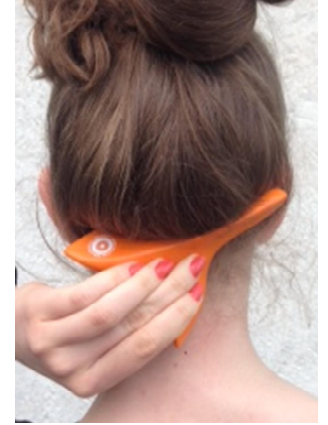
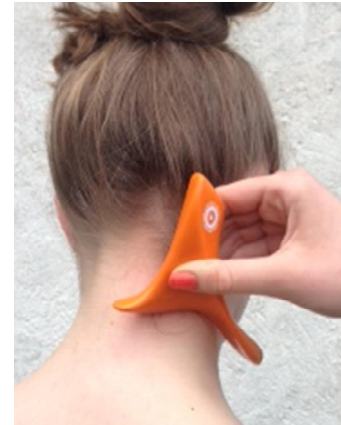
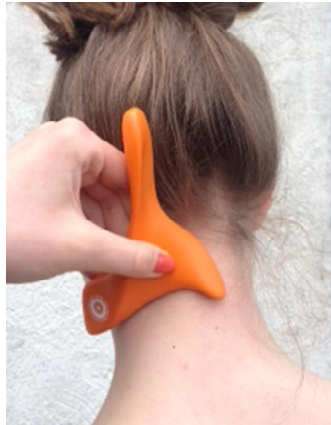


Treatment Protocols for the Head and Neck

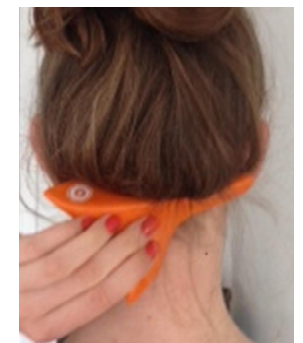
- Neck tensions - treating the occiput / cervicals
- Scalenes and prevertebral muscles
- SternoClaidoMastoideus treatment
- Whiplash –neck sprains
- Headache/ Top of Head / Temporalis Muscles
- TMJ – Temporomandibular Joint Disorder

Neck tensions – occiput / cervicals - Treatment

Stroke 99 times to treat and 'open' the neck, occiput and cervical vertebrae with both the Small curve – the Double Guasha curve and - the Large curve



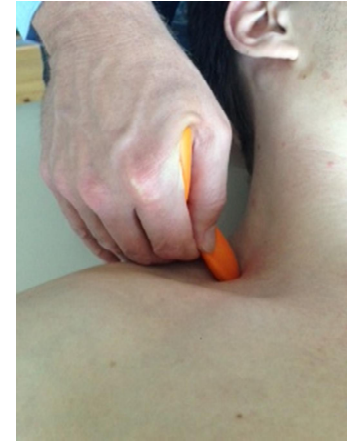
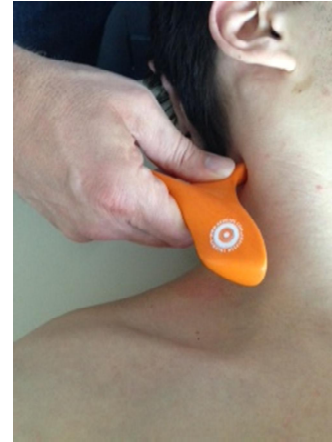
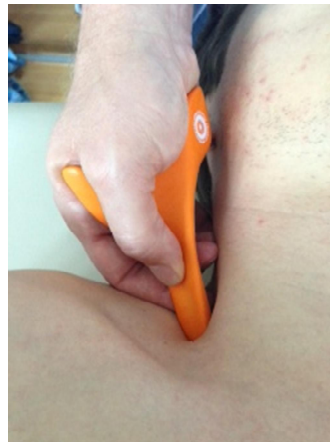
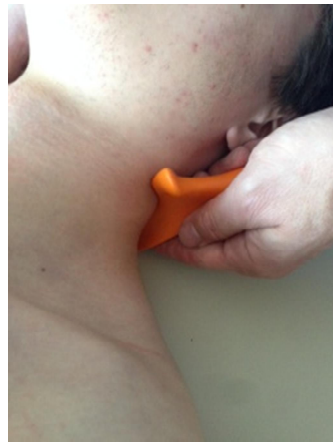
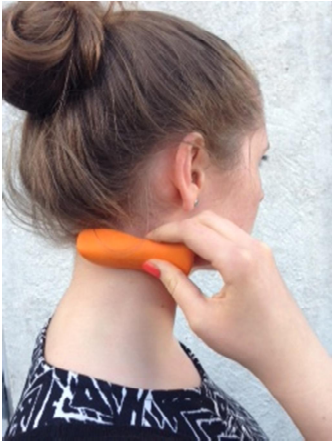
Release: Then find your tender points and use the hook protrusion to sink in and make micro releases by pivoting the OneTool slowly to either side – as you them, first stay in the point counting to 99 or until you find it suitable to go on



Stroke again to Disperse waste in released tissue

Scalenes and prevertebral muscles - Treatment

Stroke 99 times to treat and 'open' the scalenes and the prevertebral muscles with both the Small curve and the Double Guasha curve



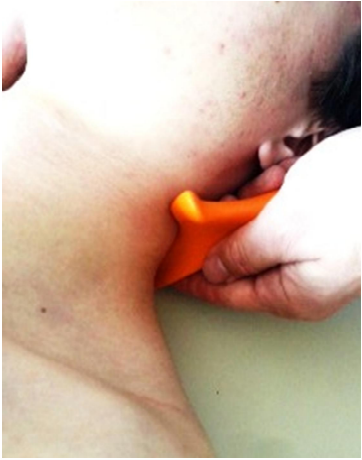
Release: Then find the tender points and use the hook protrusion to sink in and make micro fascia releases by pivoting the OneTool slowly 30-90 degrees to one side



Stroke again to Disperse released waste in tissue



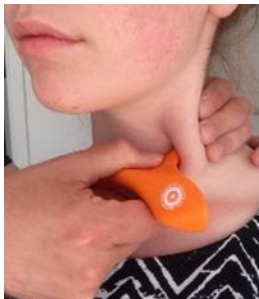
Sternocleidomastoid - Treatment



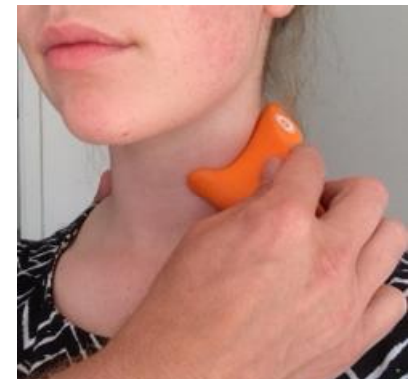
99 Strokes with the Double Guasha curve on the mastoid to relax it and make patient tissue ready to manipulation – be sure that the curve fits to get the energy up to the surface



To Release: Go to inner side of the mastoid with the outward hook protrusion where its painful – support the Mastoid muscle from the outside, with the other palm up to hold the OneTool still while sinking into the tissue - make micro releases if you feel like doing it. Doing it on yourself: count to 99

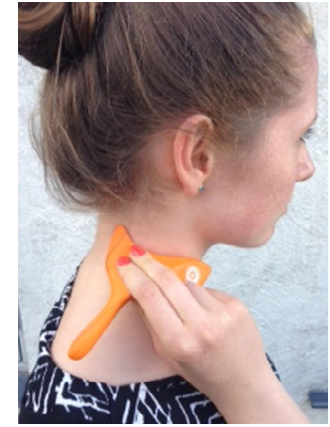
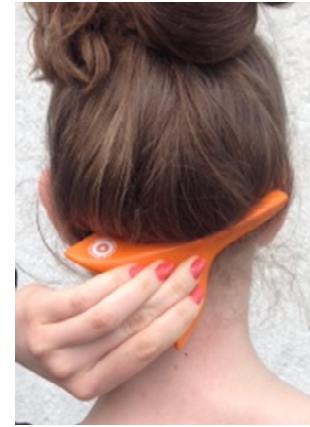
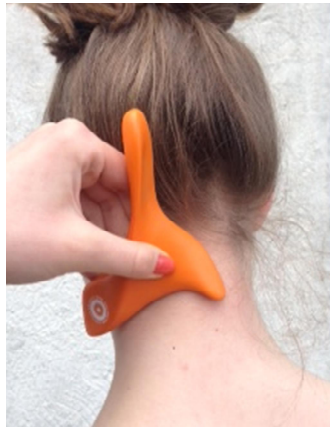


Stroke 99 times
to Disperse the released

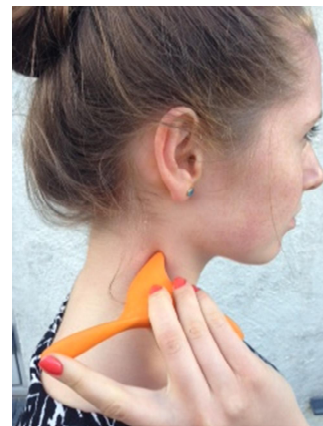


Whiplash – Neck Sprains - Treatment

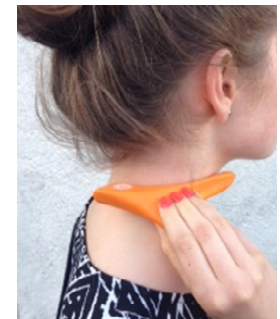
Stroke 99 times to treat and **'open' and relax** the neck, occiput, the scalenes and cervical vertebrae with both the Double Guasha curve – the Large curve and - the Small curve



Release: Then find the tender points and use the hook protrusion to sink in and make micro releases by pivoting the OneTool slowly to either side – as you find them first stay in the point counting to 99 or until you find it suitable to go on



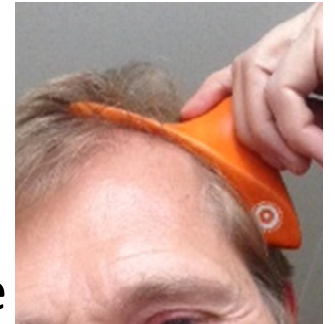
Stroke 99 times to **Disperse** released waste in tissue:



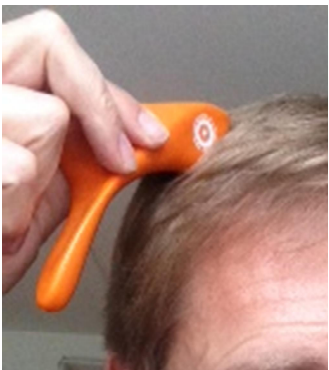
Headache / Top of Head / Temporalis Muscles - Treatment



99 Strokes with the Large curve over the top of head with thumb protrusion pointing towards the ears
- the lower palm protrusion is actively working on the Temporalis
- be sure that the curve fits



Mirror the hold when treating the other side



To Release: Find the tender spot with Thumb protrusion - hold the OneTool still - make micro releases
count to 99
N Vagus involved in migraines?

Stroke again to Disperse the released energy

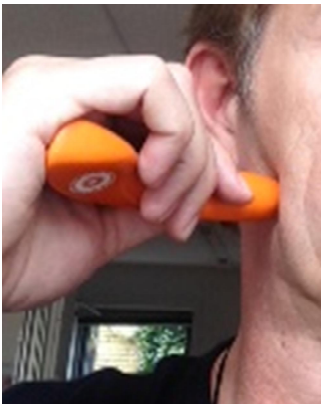


TMJ – Temporomandibular Joint Disorder - Treatment



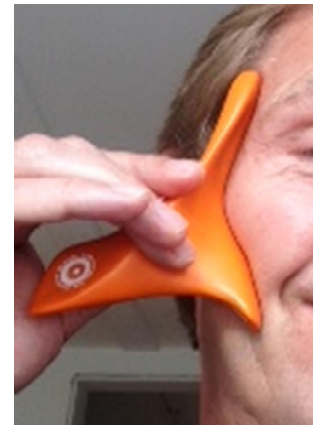
99 Strokes with the Double Guasha curve over the cheekbone, temple and cheek – be sure that the curve fits

99 Strokes with small curve on jaw and the masseter muscle



To Release: Find tender spot with the index finger protrusion
Sink into the tissue with the protrusion - make micro releases by twisting the OneTool 30-90 degrees either direction
Each T-point: Hold still and count to 99

Stroke again to Disperse waste in released tissue



Treatment Protocols for the Hands, Wrists and Forearm

- Thumb Sprain – skier's thumb
- Palm: Working on shoulder and arm from Thumb pad
- Wrist Sprain
- Carpal Tunnel Syndrome and Wrist Tendinitis
- Ulnar Tunnel Syndrome



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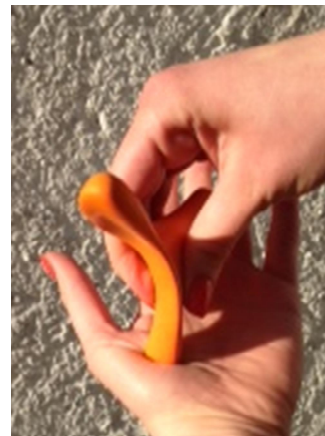


Thumb Sprain – skier's thumb - Treatment



99 Strokes with the Double Guasha curve over the Thumb of the palm -the pollicis muscles

To Release: Use only on sprains older than 3 weeks. Find tender spot with inward hook protrusion - sink into the tissue with the protrusion – as you ‘connect’ with the pain: make micro releases by slowly twisting the OneTool 30-90 degrees either direction



Stroke gently with small curve 99 times to promote the flow of interstitial fluid. Do as often as you like.

Palm: Working on the shoulder from Thumb Pad Treatment



A distal treatment: 99 Strokes with the Double Guasha curve over the Thumb part of the palm -the pollicis muscles

To Release: Find tender spot with inward hook protrusion – sink into the tissue with the protrusion. As you ‘connect’ with the pain, make micro releases by slowly twisting the OneTool 30-90 degrees either direction



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Stroke again 99 times to Disperse waste in released tissue as well as promote the flow of the interstitial fluid

Wrist Sprain Treatment



Stroke with the Small curve and the Double Guasha Curve on both sides of the wrist all the way up to the elbow. These strokes help to minimize the swelling as well as minimize the pain level for both acute injuries and after a period of time.



Release: ONLY used the protrusions on old sprains. This can be used in order to break up scar tissue and release deep fascia. Find tender spot with inward hook protrusion and make micro-releases by slowly twisting the OneTool 30-90 degrees either direction.

Then Stroke 99 times to Disperse waste in released tissue as well as promote the flow of the interstitial fluid - can be used as often as you would like – do it with common sense



Carpal Tunnel Syndrome and Wrist Tendinitis -Treatment



Both symptoms occur from overuse and result in inflammation. Carpal Tunnel Syndrome occurs from the swelling of the tunnel around the Median nerve.

Wrist Tendinitis occurs from overuse or wrong use of equipment in sports and can inflict more areas know as Tenosynoviums, hence Tenosynovitis



Use of protrusions is generally **NOT** advised for these symptoms.

Using the protrusions can agitate the inflamed tissue and prolong the condition.

GENTLE Stroking with one of the curves that fist right on the surface is recommended as the only treatment for this in using the Heskiers Method.

Minimum stroke 99 times to promote the flow of the interstitial fluid.

It is advised to stroke all the way up to the Elbow or treat forearm as part of this protocol.



Ulnar Tunnel Syndrome Treatment



Stroke with the Small curve and the Double Guasha Curve on both sides of the wrist all the way up to the elbow. These strokes help to minimize the swelling as well as minimize the pain level – for both acute treatments and later.



Release: ONLY used the protrusions on old sprains. This can be used in order to break up scar tissue and release deep fascia. Find tender spot with inward hook protrusion and make micro-releases by slowly twisting the OneTool 30-90 degrees either direction:

Stroking 99 times Disperses waste in the released tissue as well as promotes the flow of the interstitial fluid. This can be used nearly as often as you would like – it has to be done with common sense - don't use it to harm yourself.



Ulnar Tunnel Syndrome - Treatment



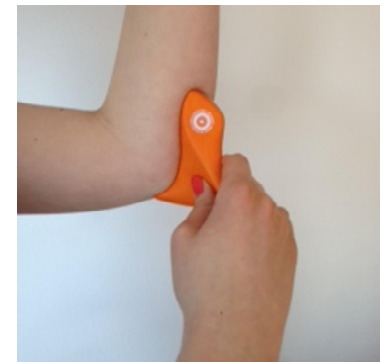
This injury often stems from Golf and from Throwing sports.

99 Strokes with the Small curve opens for treating the scar tissue and calcification stemming from the stress/chip fractures of the outer elbow due to compression. It also lowers the inflammation in the tissue of the inner elbow due to strains.



Release of scar tissue and calcifications as well as reviving pain. Find the tender spot with Thumb and hook the protrusion so it fits you. As you feel it has contact with the pain, sink into the tissue with the protrusion - make micro releases by slowly twisting the OneTool 30-90 degrees or into the Ulnar tunnel either direction

Stroke again 99 times to Disperse waste in released tissue as well as promote the flow of the interstitial fluid



Treatment Protocols for Elbows

- Tennis Elbow
- Golfer's Elbow
- Thrower's Elbow - compression of the outer elbow resulting in stress/chip fractures, leading to strain of ligaments and inflammation of inner elbow

Medial Epicondylitis - Tennis Elbow -Treatment

99 Strokes with the Small Curve that fits the upper extremity starts to promote the flow of interstitial fluid that loosens up for the restricted and taut tissue.

To Release: Find tender spot with the inward hook protrusion – sink into the tissue with the protrusion. As you ‘connect’ with the pain, make micro-releases by slowly twisting the OneTool 30-90 degrees either direction



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Stroke again 99 times to Disperse released waste in tissue as well as promote the flow of the interstitial fluid

Golfer's Elbow -Treatment



A distal treatment: 99 Strokes with the Double Guasha curve over the Thumb part of the palm -the pollicis muscles

To Release: Find the tender spot with the inward hook protrusion – sink into the tissue with the protrusion. As you 'connect' with the pain, make micro releases by slowly twisting the OneTool 30-90 degrees either direction



Stroke again 99 times to Disperse waste in released tissue as well as promote the flow of the interstitial fluid

Thrower's Elbow Treatment

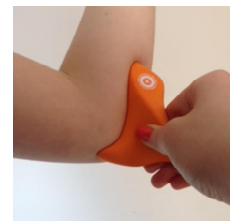
Athletes involved in throwing sports are vulnerable to this condition - Baseball, Cricket, Tennis and Volleyball are sports that can promote this condition - a combination of Tennis Elbow, Golfer's elbow, Ulnar Tunnel Syndrome.



Repeatedly use the 99 Strokes with the Small curve open for treating the inflamed tissue, the scar tissue and the calcifications stemming from the stress/chip fractures of the outer elbow due to compression as well as lowers the inflammation in the tissue of the inner elbow

Release of scar tissue and calcifications as well as deep fascia release: Find tender spot with Hook protrusions and Thumb protrusion as it fits you and as you feel it has contact with the pain – sink into the tissue with the protrusion - make micro-releases by slowly twisting the OneTool 30-90 degrees or ride in the Ulnar tunnel either direction:

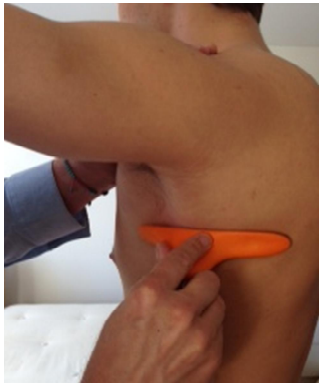
If protrusions are used: Stroke again 99 times to Disperse waste in released tissue



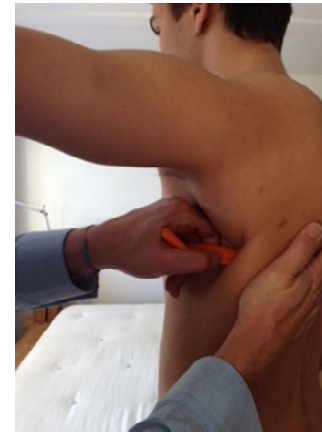
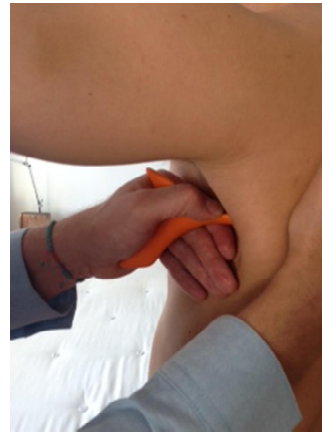
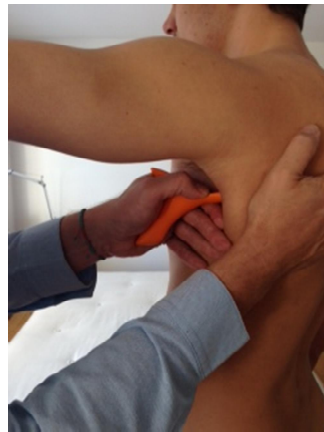
Treatment Protocols for Shoulder

- Infraspinatus and Teres minor and Latissimus
- M Pectoralis Major – front of chest
- Rotator Cuff Tendinitis – Pitcher's Shoulder

Infraspinatus and Teres minor and Latissimus - Treatment



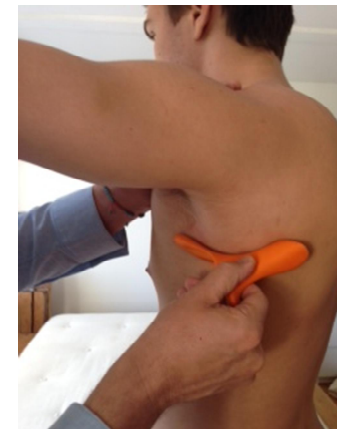
99 Strokes with the Double Guasha curve or the Large curve to open the muscles for manipulation – be sure that the curve fits



To Release: Find tender spot with index finger protrusion – sink into the tissue with the protrusion - make micro-releases by twisting the OneTool 30-90 degrees either direction

Each point: Hold still and count to 99 or continue
To the next point when release occurs

Stroke again to Disperse waste in released tissue

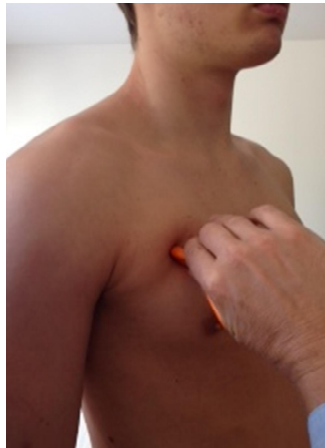
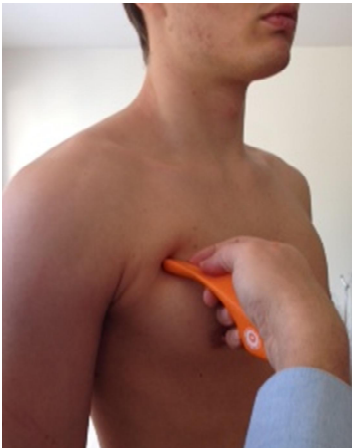


Your strong back partner....

M Pectoralis Major – front of chest - Treatment

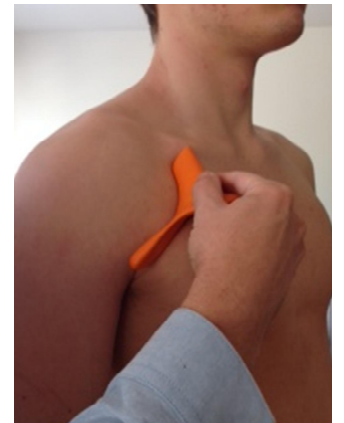


99 Strokes with the Double Guasha curve over the Pectoralis – be sure that the curve fits so that you can open the chest and so the back shoulder muscles can relax.
Manipulates LU1, 2, KI 25, 27 also

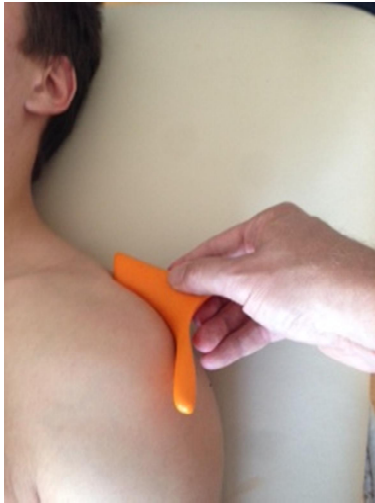


To Release: Find the tender spot with index protrusion – sink into the tissue with the protrusion - make micro-releases by twisting the OneTool 30-90 degrees either direction
Each T-point: Hold still and count to 99

Stroke again to Disperse waste in released tissue



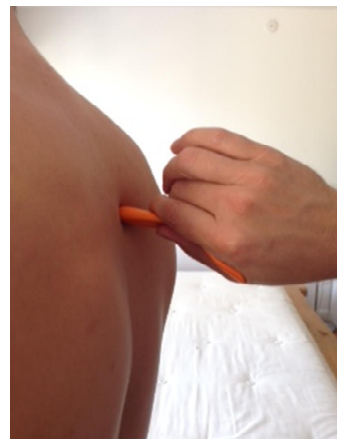
Rotator Cuff Tendinitis – Pitcher’s Shoulder - Treatment



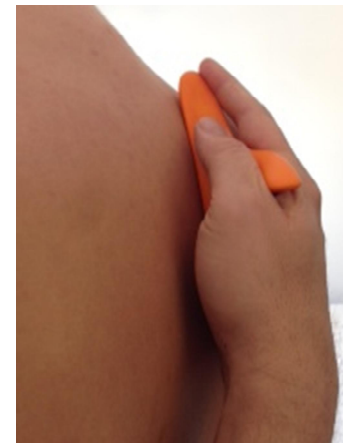
99 Strokes with the Large curve or the Double Guasha curve over the shoulder and the muscles around the shoulder to minimize inflammation and promote the flow of the interstitial fluid

To Release: Find tender spot with hook protrusion – sink into the tissue with the protrusion – make deep fascia micro-releases by twisting the OneTool 30-90 degrees either direction

If you find a point that needs subtle release: Hold still and count to 99



After Release:
Stroke again to
waste in tissue



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Your strong back partner....

Treatment Protocols for Back and Abdomen

- Between shoulder blades: The 'super' treatment
- Lower back

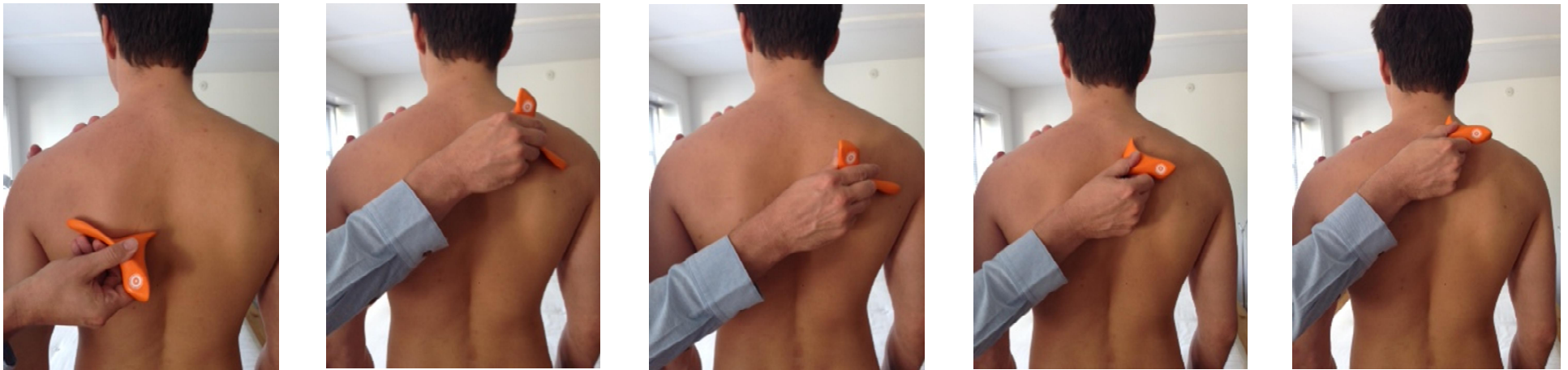


Your strong back partner....



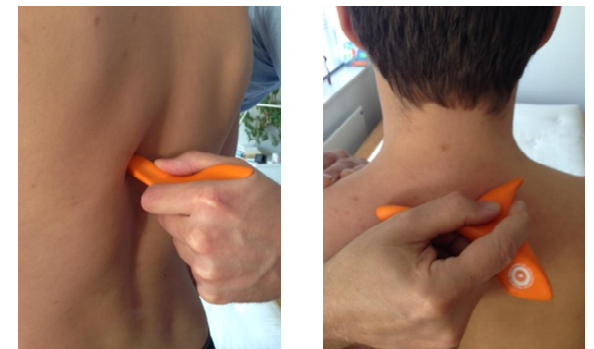
The 'Super' Treatment

Both Rhomboids, the Trapezius, the C5 nerve, Supraspinatus and Latissimus are treated at once with this protocol.



Use Continuous Strokes with the Double Guasha curve at the edge of each scapula –important that the whole curve fits the area in question - as well as both trapezius' (without riding the vertebrae)
Don't forget that more esoteric release of the backside of the heart both stems from the BL channel and the DU heart points (DU11, BL15, BL 44) and the immune system points (DU 14, Ding Chuan)

This again opens for all treatment with the protrusions in this area as well as establishes a trust in the Bodyworker from the patient - non-verbal small talk.



Lower Back Treatment



Use 99 Strokes with the Large curve over the Larger muscles - the Latissimus muscle and all the abdomen muscles open the tissue for specific deeper manipulation of sprains, tight muscles from exercise or nerve related pain.

When you use the curve: be sure that the curve fits the area



To Release: Find the tender spot with index finger protrusion – sink into the tissue with the protrusion. Make micro-releases by twisting the OneTool 30-90 degrees either direction. For Each point: Hold still and count to 99

Stroke again to Disperse waste in released tissue



Treatment Protocols for Pelvis and Groin

- Piriformis Syndrome / Sciatica
- Groin Strain – Rider's strain



Your strong back partner....



Piriformis Syndrome / Sciatica - Treatment



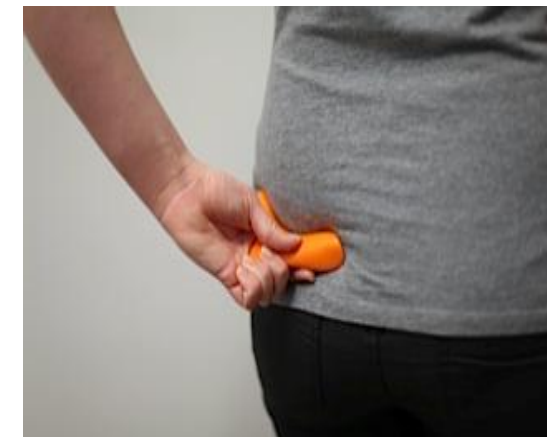
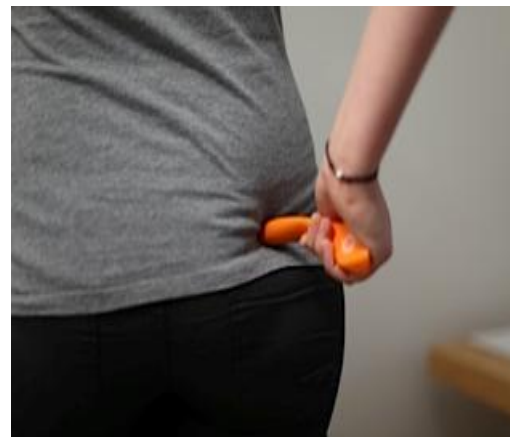
For deep buttocks pain - 99 Strokes are not necessary as the piriformis muscle lays behind the Gluteus Maximus. Connect with the pain area to make release with the Index Finger protrusion - make micro-releases by twisting the OneTool 30-90 degrees either direction Hold still and count to 99



Point on Heel helping release Sciatica pain



99 Strokes with Large curve on the Buttock in question will Disperse eventual pressure pain as well as promote the blood flow as well as the flow of the interstitial fluid

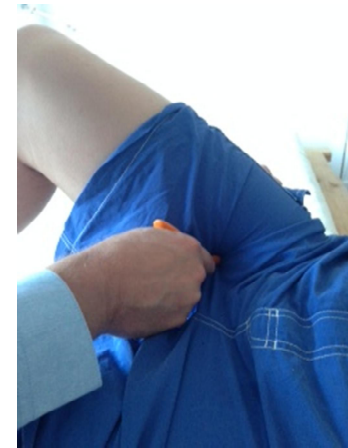
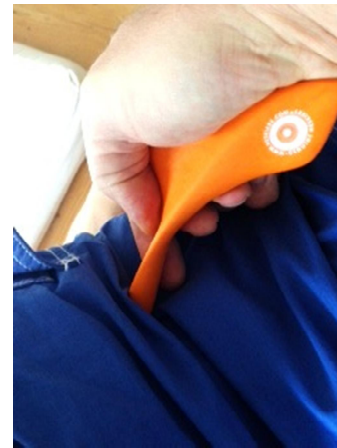
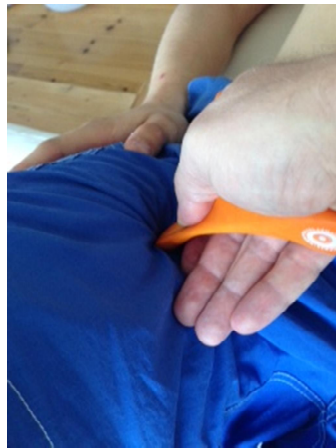


Groin Strain - Rider's strain - Treatment



Strains in the abductor muscles, inner thigh muscles and tendon occurs from Pivoting/fast change of direction in such as Football and Hockey

Use 99 Strokes with the Double Guasha curve over the just treated area - using the curve that fits



To Release: Find the tender spot with index finger protrusion – sink into the tissue with the protrusion. Make micro-releases by twisting the OneTool 30-90 degrees either direction Hold still and count to 99

Stroke again to Disperse released waste in tissue

Treatment Protocols for Hamstrings and Quadriceps

- IT Band - Iliotibial Band inflammation
- Hamstring Strain



Your strong back partner....

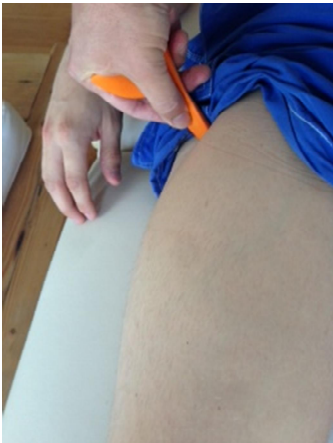
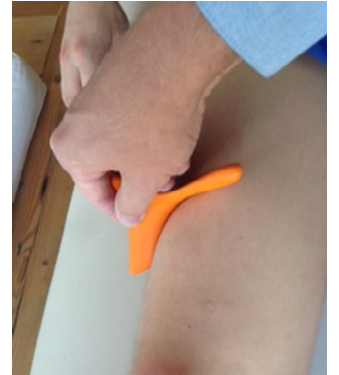


IT Band - Iliotibial Band inflammation - Treatment



Use 99 Strokes with the Large curve to open the tissue

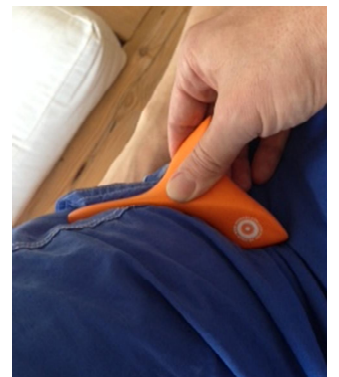
Use the Lower Palm protrusion to stroke the Whole IT Band together with the Large curve using long strokes all the way the Tensor Fasciae Latae down to the Knee



To Release: Find the tender spot with index finger protrusion. Sink into the tissue with the protrusion - make micro releases by twisting the OneTool 30-90 degrees either direction

For each Release:
Hold still and count to 99

Stroke again to Disperse waste in released tissue



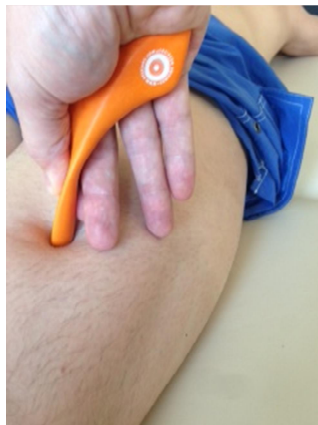
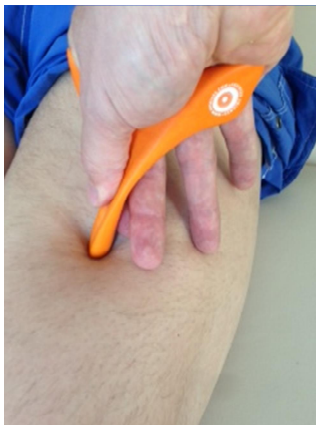
Your strong back partner....

H&Q: Hamstring Strain Treatment

This injury often comes from an explosive movement like a sprint – it has an impact on the knee as tension in the hamstrings (and calves) and pulls the knee backwards resulting in pain in knee – related to Bursitis and Jumpers Knee

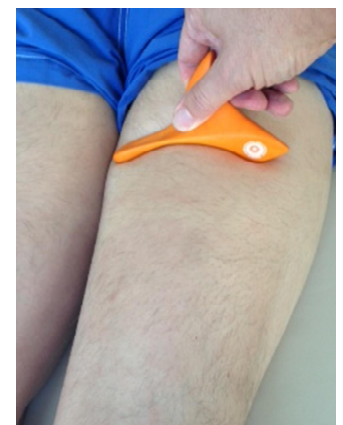


Open with 99 Strokes with the Double Guasha curve over the Hamstrings and back of knee – to get the best result be sure that the curve fits the leg



Use the Index Finger protrusion to release Deep Fascia

Stroke 99 times to Disperse



Treatment Protocols for Knee and Lower Leg

- Runners Knee - Chondromalacia Patellae
- Jumper's Knee - Patellar Tendinitis
- Bursitis - inflammation of the 14 small bursas in knee

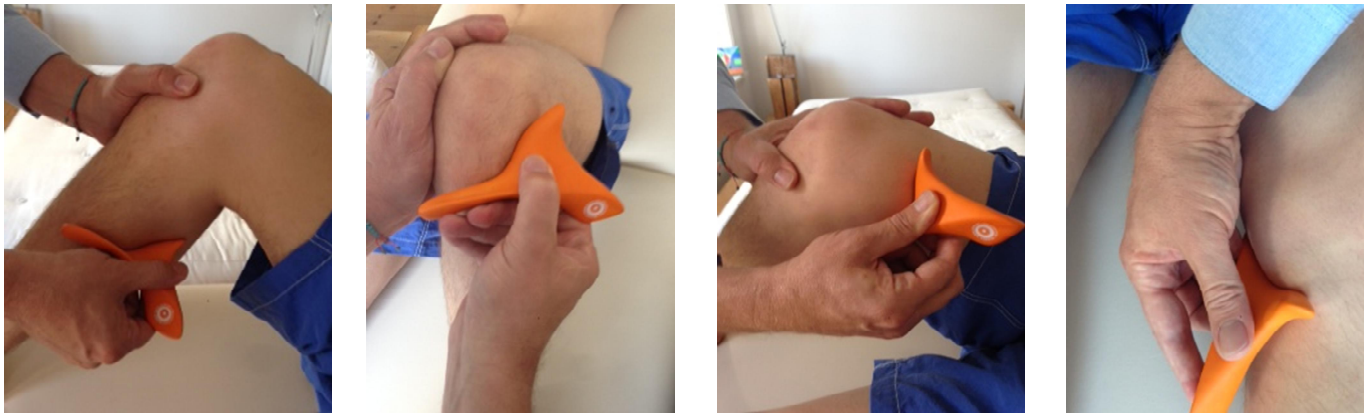


Your strong back partner....



Runners Knee - Chondromalacia Patellae - Treatment

Use 99 Strokes with the Double Guasha curve over the knee and with the Small curve. This treatment stimulates the flow of the interstitial fluid, hence also brings hyaline cartilage to the knee so that the articular cartilage can become strong again



To Release: Find the tender spot with the Index Finger protrusion or Hook protrusion – sink into the tissue with the protrusion - make micro-releases by twisting the OneTool 30-90 degrees either direction

At the point: Hold still and count to 99



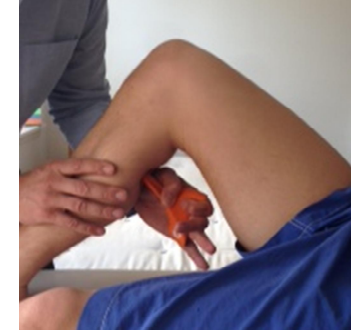
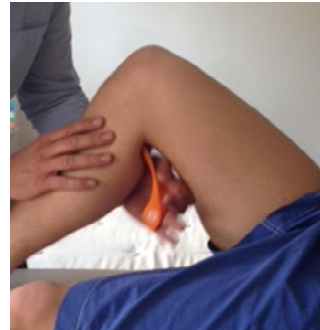
Your strong back partner....

Stroke again to Disperse waste in released tissue

Jumper's Knee - Patellar Tendinitis - Treatment



The inflammation of the patellar tendon is due to repetitive jumping (landing). Use 99 Strokes with the Large curve, Small curve and the Double Guasha curve over the knee and the surrounding muscles – they need to be relaxed and nurtured in order not to pull the patellar tendon – sure that the curve fits



The Release relaxes and supports the surrounding muscles to the patellar – it is only a matter of persistence to find all the tender spots with the curve that fits that indentation or protrusion of the body or to find the right spot to treat. With this condition, I often find myself treating the back of the knee to create surrounding tissue relief.

Each of these points can either be treated as 'sinking in' or with the micro-fascia release - count to 99 whenever it seems appropriate

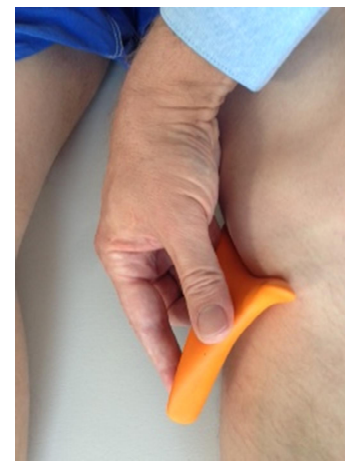
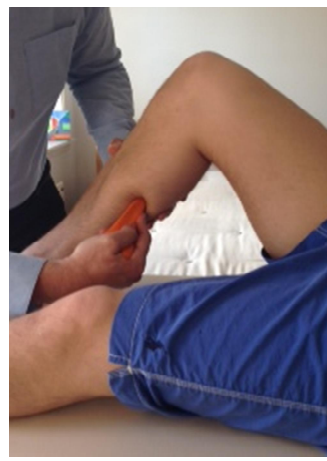
All treatments ends up with stroking to Disperse the released waste in the tissue



Your strong back partner....

Bursitis - Treatment

99 gentle Strokes with the Large Curve, the Small Curve and the Double Guasha Curve over the knee – supports the flow of the interstitial fluid – the fluid that helps take away inflammation from the 14 bursas in a natural way



No Release necessary in this particular treatment



Your strong back partner....

Treatment Protocols for Lower Leg and Ankle

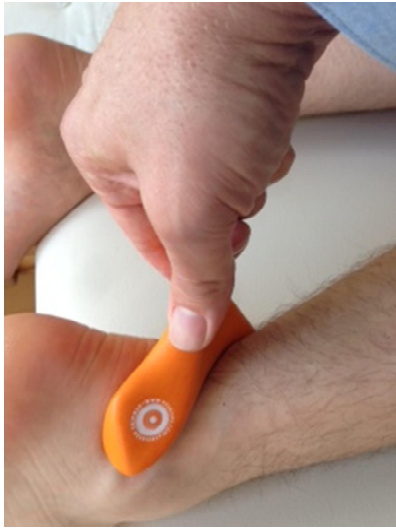
- Achilles Tendinitis and Achilles Tendon Strain
- Calf Strain
- Ankle Sprain



Your strong back partner....



Achilles Tendinitis and Achilles Tendon Strain - Treatment



99 Strokes with the Small curve over the Achilles Tendon x 2 times 2 – the Small curve has to be turned to fit the Achilles tendon on both sides so that a smooth and full contact can

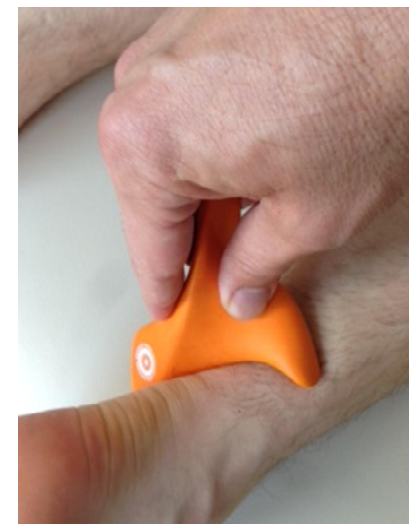
It is important to turn it that the thumb protrusion is stroking the side of the tendon too



No release is necessary as it is only a matter of increasing the flow of the interstitial fluid

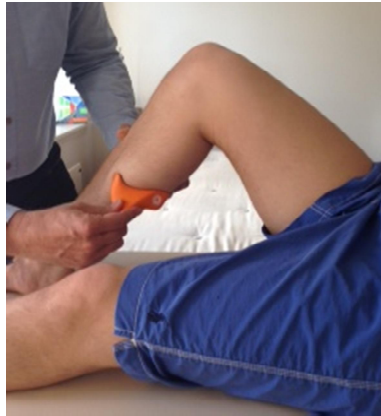


Can also be used for Pre-sports treatment to prevent injury in the first 10 minutes as well as for pre-treating the Achilles



Calf Strain Treatment

Open with continuous repetition of Release and Disperse with 99 Strokes
Use the curve that fits the Calf best - this method can be used for all kind of strains



The Double Guasha Curve can be used for specific points where edema has gathered fluid – but preferably after about 10 min of gentle work with the Small and Large Curves.

Regard the calf as a overfull water balloon and that there is accumulated fluid that is stagnated and need to be gently flushed out. Support removal of these fluids by using the Double Guasha Curve on the inner knee as shown above on SP9.

As the tissue opens up and becomes more soft, gentle manipulations can be made with a protrusion

End treatment with Strokes to Disperse released waste in the tissue

Ankle Sprain Treatment

Use a minimum of 99 subtle strokes with either the Large Curve or the Small Curve or the Thumb protrusion - be sure that the curve fits this area

No Release is necessary in this particular situation



Treatment Protocols for Feet

- Plantar Fasciitis – and Plantar Fasciosis
- RetroCalcaneal Bursitis: pain in heel
 - Cushion the Achilles friction over the heel bone (calcaneus)
- Morton's neuroma – scar tissue; 2-3 toe
 - Nerve Pain or in best case lack of sensibility
- Deep Transverse Metatarsal ligament



Your strong back partner....



Plantar Fasciitis - and Plantar Fasciosis Treatment

Use continuous Strokes with the Double Guasha curve, the Small Curve and the Large curve – even the thumb protrusion can invigorate the underlying tissue to revive and even treat necrosis (– a Runner’s Testimonial)



To Release: Find the tender spot with index finger protrusion – sink into tissue and combine with use of the protrusions to Release - make micro-fascia releases by twisting the OneTool 30-90 degrees either direction or deep strokes with one of the protrusion – be observant to the pressure applied – too much will create the opposite of the wanted effect.

Each T-point: Hold still and count to 99

End each treatment with Stroke to Disperse released waste in tissue.



Your strong back partner....

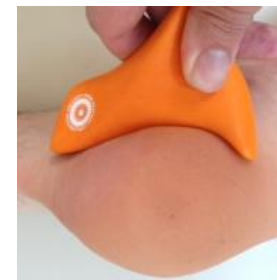
RetroCarcaneal Bursitis: pain in heel Treatment

99 Strokes with the Small curve opens the tissue



With the Double Guasha curve over the heel, use different parts of the curve to release scar tissue. It is important to combine with the soft use of the Small curve to both disperse any pain occurring and promote gentle flow of the interstitial fluid. Micro-releases can be made and will be efficient whenever a fascia release is needed. Twist the OneTool 30-90 degrees either direction

End therapy or self treatment with
99 Strokes to Disperse waste in released tissue



Mortons neuroma - scar tissue; 2-3 toe - Treatment



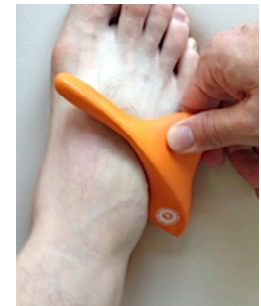
99 gentle Strokes with the Large curve over the Metatarsals,
– be sure that the curve fits



To Release the scar tissue: Find the tender spots with the inward and outward Hook protrusion – sink into the tissue with the protrusion - make micro-releases by twisting the OneTool 30-90 degrees either direction. Be sure that you get into all nooks and crannies

Each T-point: Hold still and count to 99

Stroke again to Disperse released waste in tissue:



Your strong back partner....

Deep Transverse Metatarsal ligament Treatment



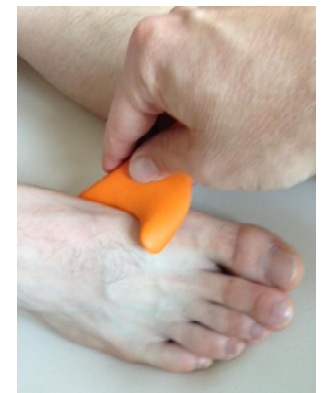
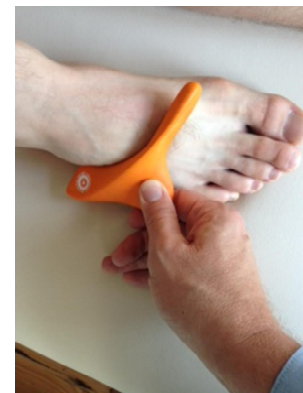
Use 99 Strokes with the Large curve over the metatarsals. This provides a subtle stimulation that goes deeper than assumed at first glance due to the special "Form Enhances Function" concept developed by Heskiers – be sure that whatever curve is used fits to the shape of the foot

Pain in the forefoot:
Breaking down scar tissue by using the Release technique in combination with the individual use of the curves has shown to be effective for runners



To Release: Find the tender spot with the index finger protrusion – sink into the tissue with the protrusion
Make micro-releases by twisting the OneTool 30-90 degrees either direction. When appropriate, Hold still and count to 99 for each point

Stroke again to Disperse released waste from the tissue and promote the flow of the interstitial fluid





Your strong back partner.....

Industrivej 23

8800 Viborg

Denmark

Tel. +45 8661 3611

E-mail: chiroform@chiroform.dk

www.chiroform.dk