





Getting the Most out of your Webinar

- Avoid multitasking
 - •Do just this.
- Engage your body
 - Stay comfortable; move
- Engage your mind
 - Use your handouts

Questions?

facebook.com/groups/AT.distance.learners/

Webinar Chapters

- 1. Understanding Inflammation
- 2. Inflammation and Pain
- 3. Working with Inflammation
- 4. (eBook: AMT excerpts, articles, techniques, etc)

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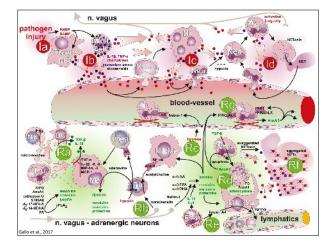
Quiz Questions for CE Credit

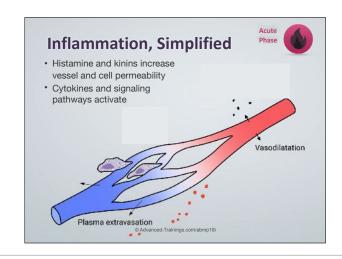
- Why does the webinar say that "inflammation is good?"
- 2. When is inflammation a problem?
- 3. What do local and systemic (aka generalized) inflammation have in common?
- 4. What are the classic signs of acute inflammation?
- 5. For hands-on work with inflammation, what does CALMS stand for?

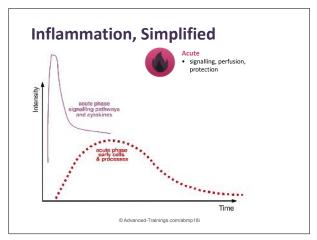
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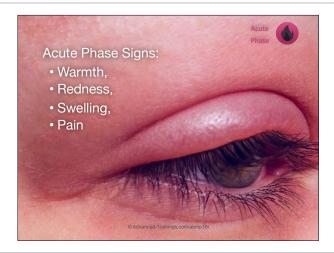
Inflammation is...

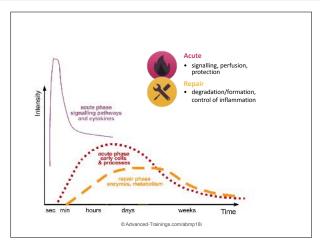
- The immune system's tissue protection and repair response;
- Triggered by:
 - injury,
 - infection, or
 - irritation.

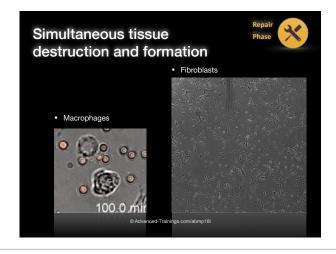




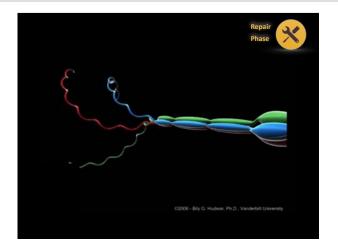






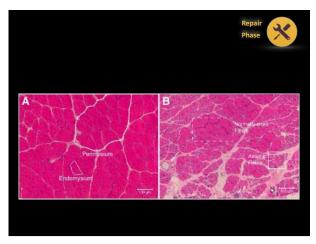


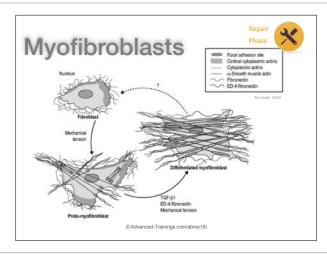


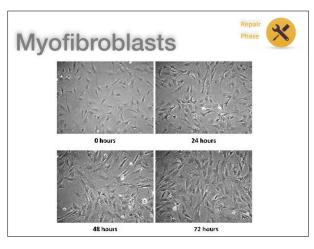




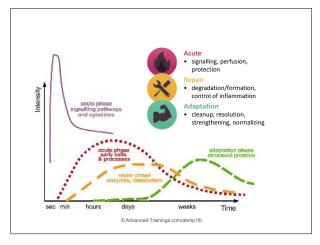




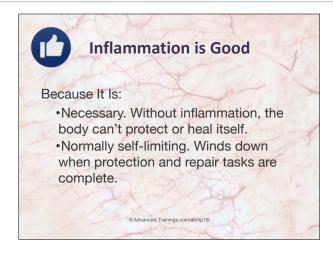




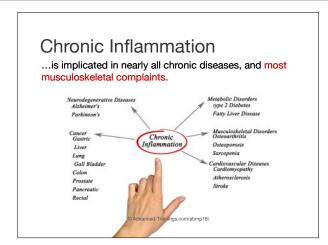


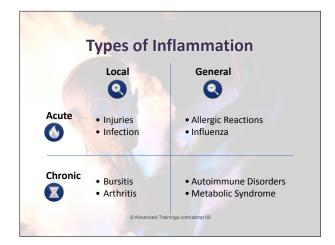


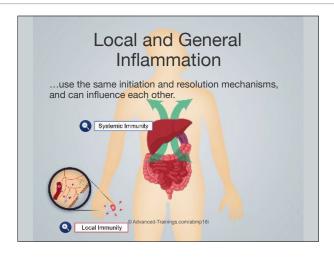




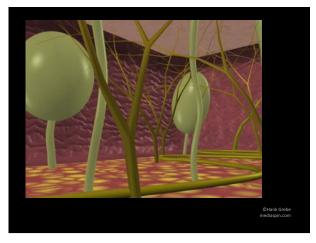


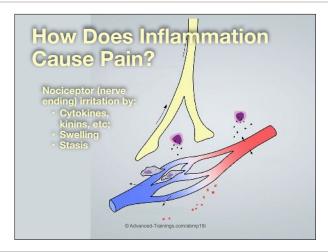


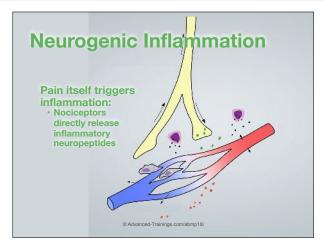












Neurogenic Inflammation •Bad news: •Inflammation causes pain, and •Pain causes inflammation. •Good news: •If we influence one, we influence the © Advanced-Trainings.com/abmp18i

Inflammation's Pain, by Phase



Acute

- Early, local pain guards against further stress or damage.
- Later, systemic effects of tissue degradation byproducts (eg, in influenza) encourage rest etc.



Repair

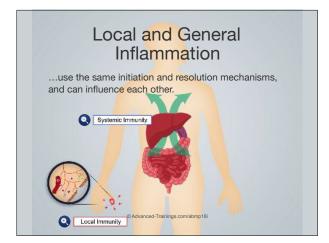
- Pain variable, but diminishing.

 Direct pressure, load, or stretch can still provoke protective tenderness or flare-ups as new tissues form.



Adaptation

Sensation and function gradually normalize, as the nervous system renegotiates protective thresholds and responses.





How is Pain like the Inflammation of a Bee Sting?

•In both, reactions can be:

- ·Local, systemic, or a combination;
- Unrelated to degree of physical injury;
- Increasing with repeated exposure;
- •Individually variable.

And,

- •Vigorous local massage doesn't usually help...
- •But, overall calming, work in other areas, etc, can.

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Ice, or Not?

- •"Ice is a 'hot topic'.... there is little evidence that ice does much other than reduce pain.
- ·"[Cold-induced] tissue congestion and reduced rate of repair seem to negate benefits."

•For more learning:

Iced! The Illusionary Treatment Option by Gary Reinl https://amzn.to/2DtoHSC

-Aubrey Gowing





What about Diet?	
The gut plays a key role in systemic inflammation Many stories of diet being helpful Mediterranean diet; MIND diet; Anti-inflammatory food pyramid; bulletproof diet; keto diet, turmeric, green tea extract, blueberries, ginger, tea, dark chocolate, fish oil	
 However, diets have a short shelf-life No consensus, and difficult to research: 	
 Lab and animal studies don't always apply Individual differences, interactions, and context all add complexity 	
•Not generally within our scope as manual therapists.	100
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Pt 3: Working with Inflammation



How Can Hands-On Help With Inflammation?

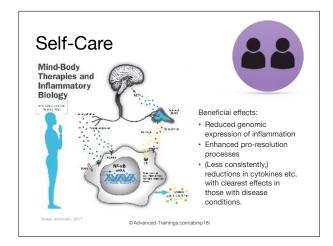
- •Inflammation responds very differently than tight muscles, "trigger points," or undifferentiated fascia does.
- •Goals are not to rub it out, "release" it, etc
- •Instead, C.A.L.M.S.



Client Engagement...



- •...is the foundation of working with inflammation.
 - · Catalyzing clients' interest
 - Tracking results together
 - •Learning to listen to the body
 - · Learning to pace, grade, titrate, etc
- •...and is a result of the therapeutic alliance.







Contextual Effects & Therapeutic Alliance



•Remember that:

- •Listening, touch, rapport, positive experiences, etc. all have powerful and significant therapeutic effects.
- •Your interactions can help an inflamed body be a safer, more comfortable place.
- •Help people learn to listen to their bodies (symptom tracking, pacing, body awareness practices, etc.)
- •Just taking steps to care for oneself has beneficial effects. Repeated or regular care has even stronger effects.

Your examples:

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- · Contextual Effects, Self Care, & Therapeutic Alliance
- ANS De-Stressing & Calming
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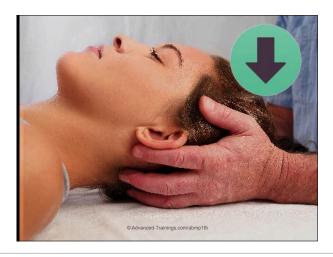
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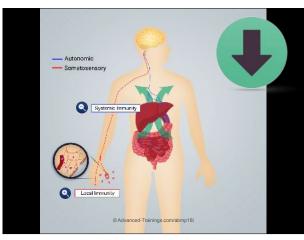
Autonomic Nervous System (ANS) Calming

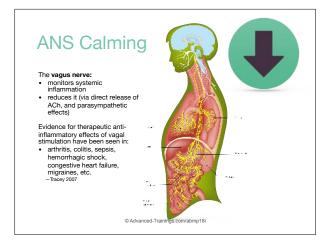


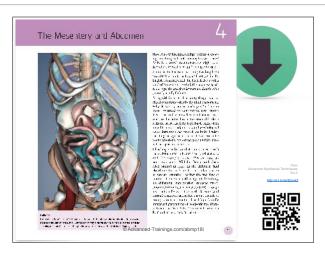
•Stress effects contribute to and prolong inflammatory reactions, both locally and systemically.

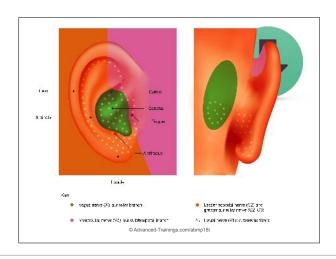




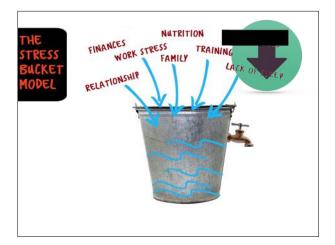










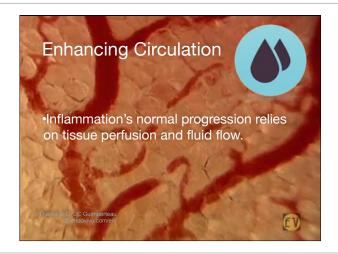


ANS Calming

- •Just about anything that helps with stress is "anti-inflammatory" and pro-resolving:
 - •Pleasant or relaxing touch
 - •Exercise and movement
 - •Rest and sleep
 - •Meditation, focused attention
 - ·Laughter and enjoyment
 - •Etc
- •How do you use this in your work?

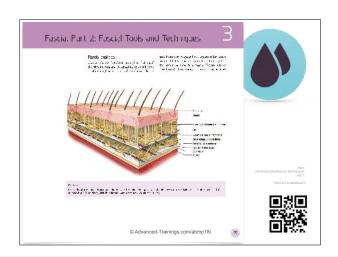


- · Contextual Effects, Self Care, & Therapeutic Alliance
- ANS De-Stressing & Calming
- Liquids: Circulation, Hydration, & Flow
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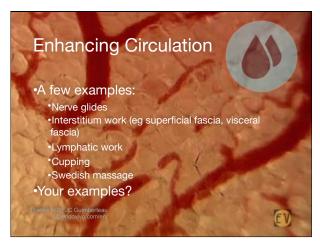








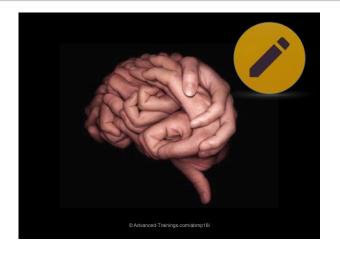




Normalize and Refine Sensitization

Sensation, touch, movement, and directed attention can:

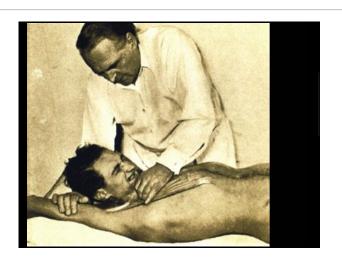
- Refine sensate accuracy
- •Help renegotiate the brain's habituated protective reactions
- Increase movement safety
- De-threaten and normalize sensation











Normalize and Refine Sensitization

- •Examples:
 - Static touch
 - Guided awareness
 - Threshold titration
 - •Nerve glides
 - Graded movement
 - •Isometrics
- Your Examples?

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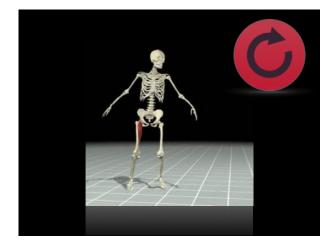


- Contextual Effects, Self Care, & Therapeutic Alliance
- ANS De-Stressing & Calming
- · Liquids: Circulation, Hydration, & Flow
- Movement Safety: Normalize & Refine Sensitization
- Stimulate & Re-Start the Inflammatory Cycle

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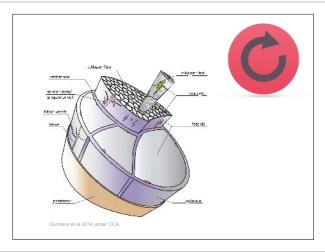
Stimulate and Re-Start the Inflammatory Cycle

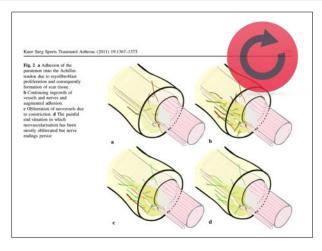
- •Skilled direct soft tissue work is thought to sometimes re-start a "stalled" inflammatory cycle.
- •The intense sensation of direct work may help re-set protective thresholds as well (tho in others, can sensitize or aggravate).
- •Practitioner training, experience, careful pacing, sensitivity, and client engagement are crucial.















Inflammatory Flare-Ups

- *Flare-ups aren't always bad, IF:
 - •Client is otherwise healthy and resilient,
 - •Resolves within 1-2 days, and mostly,
 - *Client is not upset or put-out by the flareup.
- •Tips to avoid problematic flare-up:
 - $\hbox{-} \hbox{Consider client resilience, engagement, and interest.} \\$
 - *Get overt buy-in, in advance.
 - •Use the haircut principle (you can always do more...).
 - •Plan together to review and adjust.
- •Repeated flareups probably not helpful, if they don't result in clear improvement in.

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Flare-ups are related to dose



- •Dosing variables:
 - Intensity
 - •Depth
 - •Speed
 - Duration
 - •Frequency

Stimulate and Re-Start the Inflammatory Cycle

- •Experience, careful pacing, caution, and client engagement are crucial.
- •Examples:
 - Cross-fiber friction;
 - Some deep tissue or sports approaches;
 - Instrument-assisted fascial methods;
 - •Cyriax; Gua Sha; etc
- Your Examples?

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- · Contextual Effects, Self Care, & Therapeutic Alliance
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Your Natural Anti-Inflammatories

- •Your clients have dozens of powerful antiinflammatories (and pro-resolution) factors at work in their bodies already.
- •Hands-on work helps with inflammation by leveraging their potent effects.

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Summary

- •Many times, local inflammation responds quickly and dramatically to hands-on work.
- Other times (especially with systemic inflammation), your goals will be to support, inspire, ease, and calm the whole person, rather than "fixing" the inflammation.
- •Remember that helping can take many forms.

Thank You

- •Robert Schleip
- •Bibiana Badenes
- •Ruth Werner
- •Carmen Rivera
- •Advanced Myofascial
 Techniques Facebook forum
- •Etc

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