

## Reiki: Pain Reducing Energy Healing Therapy

**R**eiki is a form of energy therapy. It involves the transfer of energy by laying on hands. Reiki's advocates say it can treat many conditions and emotional states. Small studies show that Reiki can slightly reduce pain, but no studies have shown that it is effective in treating any diseases.

A Reiki practitioner transfers energy by placing their hands over



or on the patient. Energy healing targets the energy fields around the body.

According to practitioners, energy can stagnate in the body where there has been physical injury or possibly emotional pain. In time, these energy blocks can cause illness.

Energy medicine aims to help the flow of energy and remove blocks in a similar way to acupuncture or acupressure. Improving the flow of energy around the body, say practitioners, can enable relaxation, reduce pain, speed healing, and reduce other symptoms of illness.

According to practitioners, the healing effects are mediated by

channeling the universal energy known as qi, pronounced "chi." In India, this is known as "prana." This energy is said to permeate the body.

Reiki is alleged to aid relaxation, assist in the body's natural healing processes, and develop emotional, mental, and spiritual well-being.

It is also said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall wellbeing.

Reiki has been used to help treat cancer, heart disease, anxiety, depression, chronic pain, infertility, neurodegenerative disorders, autism, Crohn's disease, and fatigue syndromes.

## Magnetic Field Therapy to Boost Overall Health

**M**agnetic field therapy uses different kinds of magnets on the body to help boost overall health. It may also help treat certain conditions.

In static magnetic field therapy, Wear a magnetic bracelet or other magnetized jewelry. It could be a bandage with a magnet in it, or individuals may wear a magnet as a shoe insole. Individuals could also sleep on a special mattress pad with a magnet in it.

For electrically charged magnetic therapy (electromagnetic therapy), the magnets used have an electric charge. Treatment with electromagnetic therapy usually comes through an electric pulse.

In magnetic therapy with acupuncture, magnets go on the same sections of the skin that an acupuncturist would probably focus on in an acupuncture session.

The body naturally has mag-

netic and electric fields. All molecules have a small amount of magnetic energy in them.

Ions like calcium and potassium help cells send signals. In tests, scientists have seen magnets change how these ions act. However, so far, there isn't evidence that magnets have the same effect on cells when they're in the body.

Most magnetic field therapy is a treatment option for different types of pain, like in feet and back.

Scientists have specifically studied its use for arthritis pain, wound healing, insomnia, headaches, and fibromyalgia pain.



While it's generally safe for most people to wear low-intensity static magnets, it's not a good idea to have magnetic field therapy if the individual uses a pacemaker, has an insulin pump, or is pregnant.

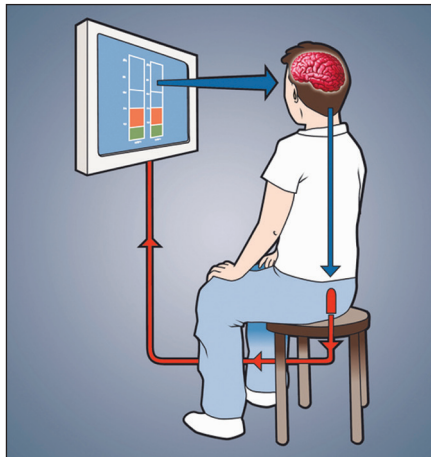
## Biofeedback Technique for Various Health Problems

**B**iofeedback is a technique used to learn to control some of your body's functions, such as your heart rate. During biofeedback, patient is connected to electrical sensors that help receive information about the body.

This feedback helps you make subtle changes in your body, such as relaxing certain muscles, to achieve the results you want, such as reducing pain.

### Types of biofeedback

- **Brain waves:** This type uses scalp sensors to monitor brain waves using an electroencephalograph (EEG).
- **Breathing:** During respiratory biofeedback, bands are placed around abdomen and chest to monitor breathing patterns and respiration rate.
- **Heart rate:** This type uses finger or earlobe sensors with a device used to detect blood volume changes (photoplethysmograph). Or sensors placed on chest, lower torso or wrists use an electrocardiograph (ECG) to measure heart rate and how heart rate varies.
- **Muscle contraction:** This type involves placing



sensors over skeletal muscles with an electromyograph (EMG) to monitor the electrical activity that causes muscle contraction.

- **Sweat gland activity:** Sensors attached around fingers or on palm or wrist with an electrodermograph (EDG) measure the activity of your sweat glands and the amount of perspiration on your skin, alerting you to anxiety.
- **Temperature:** Sensors attached to fingers or feet measure blood flow to skin.

Biofeedback is used to help manage many physical and mental health issues, including anxiety or stress, asthma, attention-deficit/hyperactivity disorder (ADHD), chemotherapy side effects, chronic pain, constipation, fecal incontinence, fibromyalgia, headache, high blood pressure, irritable bowel syndrome, Raynaud's disease, Tinnitus, stroke, temporomandibular joint disorder (TMJ), urinary incontinence.

Biofeedback is non-invasive. It might reduce or eliminate the need for medications. It might enhance the benefits of medications. It might help women who can't take medication during pregnancy.

## Osteopathic Medicine: A Comprehensive Healthcare Approach

**I**n Osteopathic manipulative medicine (OMM), osteopathic physicians (DOs) apply osteopathic philosophy, structural diagnosis and use of osteopathic manipulative treatment (OMT) in the diagnosis and management of patients.

As part of their osteopathic medical school studies, DOs receive extra training in manipulating the musculoskeletal system.

The art and science of OMM pertain to the assessment of the impact of the malfunctioning neuromusculoskeletal systems on health and disease, and designing appropriate interventions which often include some form of OMT. There are approximately 15 major types of OMT and more than 1,000 individ-

ual techniques.

With OMM, DOs use their hands to diagnose injury and illness and to encourage body's natural tendency toward good health. By combining all other medical procedures with OMM, DOs offer their patients the most comprehensive care available in medicine today.

The focus of osteopathic treatment is to get to the root cause of your symptoms. After treatment the patient is likely to experience a



reduction in symptomatic pain and discomfort. This can have a remarkable effect on other aspects of your health and lifestyle. Alleviating pain and discomfort can lead to:

- Improved body function, flexibility, and mobility.
- A more restful, deeper sleeping pattern not interrupted by pain.
- An increase in your energy levels to help function more adequately with home, work and leisure activities.
- A reduction in stress levels and muscle tension.
- A positive effect on mood, memory and mental health.
- A general improvement to overall health and sense of wellness.

## Panchakarma: The Ayurvedic Detox

Panchakarma is the ultimate Ayurvedic detoxification of body and mind. It also strengthens the immune system to restore health and well-being. It is a compendium of therapies that are highly individualized based on the Ayurvedic constitution type (Prakruty), imbalances (if any), digestive fire, age, immune status, health conditions & many other factors. Depending on an individual's needs all or part of five therapies are utilized. Panchakarma, for the most part is a comfortable therapy, but there can be periods of discomfort due to powerful release of toxins called "Healing Crisis".



A Panchakarma programme starts with the initial consultation by a qualified Ayurveda physician to determine the individual's Body-Mind constitution, health condition(s) and appropriate degree of intensity of detoxification. Based on the initial consultation, one, two or more therapies are prescribed for the day. These therapies are conducted using the constitution specific Ayurveda oils and/or medicines. Below is the description of variety of therapies used in a Panchakarma programme:

- o *Vamana*, induced emesis using Ayurveda medicine or *Snehapana*, internal oleation therapy
- o *Virechana*, purgation induced by Ayurveda medicines
- o *Nasya*, Detoxification of upper respiratory tract by administration of Ayurveda drugs in nasal cavity

- o *Basti*, Ayurvedic herbal enema to cleanse out toxins from lower colon

- o *Swedana*, herbalized individual steam bath

Additionally, a Panchakarma programme may include distinct Ayurvedic full body oil massages, namely *abhyanga* & *pizhichil*, *sirodhara* - pouring of oils/liquids over the forehead, *udvartana* or *ubtan* - superficially penetrating ayurvedic herbal paste application on skin, *marma* therapy or Ayurvedic Point therapy, and ayurvedic facial.

Panchakarma helps restore metabolic fire (AGNI), eliminates AMA (toxins) strengthens tissue functions, assists balance all three *doshas*, helps implement a healthy diet and lifestyle, reduces stress, improves relaxation & tolerance, slows the ageing process, boosts the body's immunity levels, improves strength, endurance and vitality.

## Multiple Benefits of Reflexology

Reflexology is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears. It's based on a theory that these body parts are connected to certain organs and body systems.

Reflexologists believe that applying pressure to these parts offers a range of health benefits.

Reflexology rests on the ancient Chinese belief in qi (pronounced "chee"), or "vital energy." According to this belief, qi flows through each person. When a person feels stressed, their body blocks qi. This can cause an imbalance in the body that leads to illness. Reflexology aims to keep qi flowing through the body, keeping it balanced and disease free.

In Chinese medicine, different body parts correspond with different pressure points on the body. Reflexologists use maps of these points in the feet, hands, and ears to determine where they should apply pressure. They believe their touch sends energy flowing through a person's body until it reaches the area in need of healing.

Reflexology is linked to many potential benefits, but only a few of them have been evaluated in scientific studies. There's limited evidence that reflexology may help to reduce stress and anxiety, reduce pain, lift mood, and improve general well-being.

In addition, people have reported that reflexology helped to boost immune system, fight cancer, get over colds and bacterial



infections, clear up sinus issues, recover from back problems, correct hormonal imbalances, boost fertility, improve digestion, ease arthritis pain, treat nerve problems and numbness from cancer drugs (peripheral neuropathy).

## Fire Cupping Therapy to Enhance Circulation, Relieve Pain



**F**ire cupping, also known as cupping therapy, is a treatment technique that places glass, bamboo, or plastic jars on the skin to enhance circulation, relieve pain, and extract toxins from the body.

It is a non-invasive treatment technique that uses special cups placed on the skin to encourage blood flow to damaged areas. This unique therapy is often recommended to patients who suffer from muscular pain, joint pain, skin problems, and/or respiratory disorders.

During treatment, a physical therapist puts a flammable substance inside of a glass or silicone cup before lighting it on fire. The physical therapist allows the fire to go out before placing it on the skin. The cup is left on the skin for up to three minutes, creating a suction that causes your skin to rise and redden within the cup. This process causes your blood vessels to expand, encouraging blood flow and increased circulation to the damaged area(s).

While fire cupping may be recommended to patients with specific musculoskeletal conditions, it is ideal for any patient who wishes to heal his or her soft tissue injuries and reduce overall pain and inflammation. The team at OSR Physical Therapy practices complete safety and sanitation when performing this treatment. Moreover, our team performs the most effective, common, and proven method of fire cupping.

The fire cupping therapy can be used to mitigate arthritis, fibromyalgia, high blood pressure, migraines, anxiety, depression, allergies, asthma, varicose veins, etc.

Although fire cupping is deemed a safe procedure, some patients may experience mild discomfort, bruising, burns, and in rare instances, mild infections during and after certain forms of cupping therapy.

## Physical & Psychological Benefits of Deep Tissue Massage

**D**eep tissue massage is a massage technique that's mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. This helps to break up scar tissue that forms following an injury and reduce tension in muscle and tissue.

It may also promote faster healing by increasing blood flow and reducing inflammation.

Unlike other massage techniques that focus on relaxation, deep tissue massage helps to treat muscle pain and improve stiffness.



A 2014 study involving 59 participants found that deep tissue massage helped to reduce pain in people with chronic low back. The authors likened its effects to those of non-steroidal anti-inflammatory drugs, such as ibuprofen.

People have also reported that deep tissue massage helps with sports injuries, fibromyalgia, plantar fasciitis, high blood pressure, sciatica, and tennis elbow.

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