

## Most Conditions Are Reversible!



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**I**t is very common for clients to ask me: What can I do to AVOID surgery, steroid injections, non-steroidal anti-inflammatory drugs (NSAIDs), or nerve blocks (TENS, injections, or implanted devices)? There are some disease processes that can only be managed by the above, or the joint is so deteriorat-

ed that it needs to be replaced. Most conditions are reversible!

Pain, deterioration and inflammation are signs/symptoms that something is going on in the area where they appear. This is our body's way of letting us know that something is out of balance, and it is trying to repair it, or compensate for it.

One of the explanations I share with all my clients is that if you have a joint (two surfaces) that are compressing against each other and rubbing, the surface starts to break down. The friction (rubbing) accelerates the pain and inflammation process. Pain is also an indicator to slow down, take it easy, rest and let the repair happen. This is our natural healing process, but most don't have time to do this. It is much easier to have instant relief.

The inflammation process will usually last 4–6 weeks at a time. It may come and go, which gives the illusion that it got better. If you don't allow the body to heal initially. When the complaints become chronic and start to multiply, this is when I get the pleasure of meeting my new clients. "The last straw that breaks the camel's back."

In the reversible cases I've seen, what presents is usually hip imbalance-structural, musculature or a combination. The causes may be regional to the complaints or a domino effect, which has grown and expanded to other areas.

### Examples:

**SI (Sacroiliac) Pain:** Hips out of balance, one ilium may be anteriorly rotated or posteriorly rotated, up slipped or down slipped, forward slipped or back slipped, and compressing the sacroiliac nerve, with pain radiating down the leg.

**Sacrum Pain:** The sacrum may be wedged out of alignment; it may be jammed, rotated and compressing the sacral iliac nerve and referring down the leg.

**Coccyx (Tailbone) Pain:** It can be tucked under or out, pulled to one side, or dislocated and feel like a knuckle bump. This too can cause pain and dysfunction in the pelvic floor.

**Lumbar/Sacral Pain:** Due to the above misalignment issues, patient will be a major complaint, since the lumbar junction is now tilted to compensate. These clients come in with a low-back arthritis diagnosis because of the misalignment issues that were overlooked. This can continue to go up the spine and can also cause a spiraling effect, which is often written off as scoliosis or arthritis, and once again, the misalignment below the surface will be overlooked.

**Frozen Shoulder:** This is another common complaint, and again, the misalignment below will be overlooked. ■

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