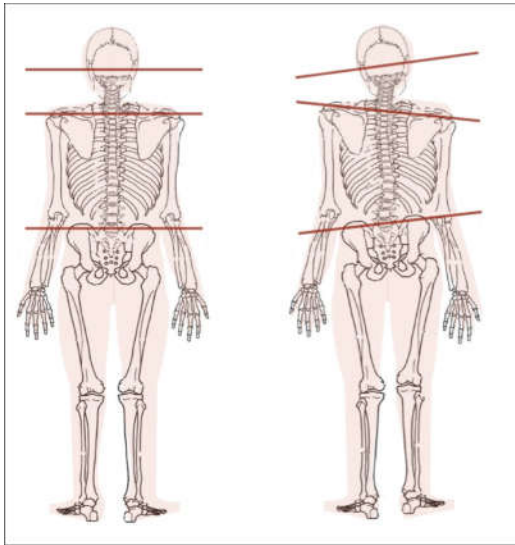


## Why do I hurt?

Many painful conditions within the body are due to a loss of alignment and stability. When alignment is lost, the whole body has to adapt and compensate to stay upright and retain its function.

These compensations lead to strains and uneven wear and tear of certain joints as well as muscular and ligamentous imbalances and joint misalignments. This in turn puts pressure on nerves and causes crowding of the organs which are housed in the skeletal structure.



As a result, these misalignments can cause problems, ranging from headaches, nerve entrapment, digestive and urinary conditions to bulging discs, muscular conditions, such as tendonitis and many more, eventually leading to surgical procedures or even joint replacement.

The goal of an Amatsu treatment is to address structural imbalances, tensions and restrictions by facilitating normal motion and restoring the upright alignment qualities of the whole body to promote optimal functioning, increased health and efficient natural movement. This restores the proprioceptive abilities of the body resulting in increased performance.

## How do I become misaligned?

Our bodies are specifically designed to adapt to physical and emotional stresses; however, with our busy modern lifestyles, the sources of stress are increasing all the time.

There are two main ways the body becomes injured – Macrotrauma and Microtrauma.

**Macrotrauma** – is a high level of trauma to the body, such as an impact like a whiplash or a fall. During this type of trauma, joints and soft tissues are often broken, stretched or strained and left in a misaligned position, even after healing.

**Microtrauma** – is a low level stress to the body, often postural, such as repetitive strain injuries (RSI's). This type of trauma builds up over a period of time, sometimes years, leading to tensions and restrictions of the soft tissues which leave the joints in a misaligned position.

Both these types of stress cause joint misalignments.

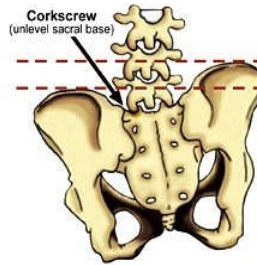
Any tension, restriction or misalignment in the body affects the inner core stability and the centre of gravity of the body (located in the pelvic region), causing it to compensate. Now the whole body becomes involved in this adaption to enable the body to stay upright and functional, and stress is then placed on other joints throughout the body.

The effects of these misalignments may, and quite commonly go unnoticed in the early stages because of the body's ability to compensate. However, this leaves the joints vulnerable to further injury and leads to uneven wear and tear, often resulting in needing a joint replacement.

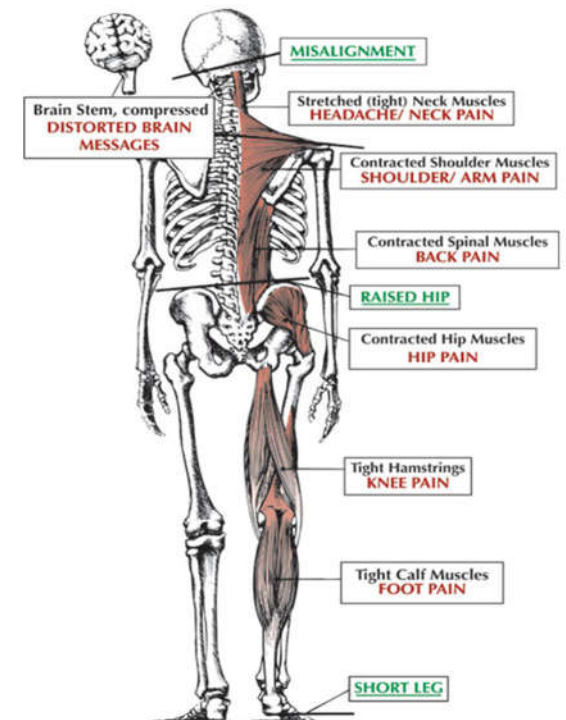


One of the most stressed joints within the body, and the most prone to dysfunction, is the sacroiliac (SI) joint. This joint plays a key role in the structural alignment of the entire spine and is located in the centre of the body between the iliac bones of the hip.

When working properly, this joint helps to distribute weight evenly through the body and the feet. However, when the joint malfunctions, the hip bones are no longer level and become tilted to one side, creating a long leg / short leg syndrome with a leg length discrepancy. This causes the joints above and below to compensate, resulting in a number of disorders – often not connected with the joint itself – and a reduction in the body's proprioceptive abilities leading to reduced performance.



## Here's what happens



## Techniques for Re-alignment

Unlike most other therapies, which focus their treatment on symptoms, our unique approach finds and treats the underlying misalignments which are the root cause of many symptoms and conditions throughout the body.

Our techniques incorporate principles underpinned by the latest research on Biotensegrity (Dr Stephen Levin) and represent a truly global approach to body management.

We utilise a number of different techniques to gently re-establish balance and alignment in the body, without the need for force or any kind of clicking or thrusting. These techniques include acupressure massage, mobilisation, fascial release, visceral (organ) manipulation and cranial balancing.

Our techniques were developed by Dennis Bartram and are the result of dedicating over 40 years of his life to research and training in body mechanics and Biotensegrity. On this path, he completed extensive training in Osteopathy, Chiropractic, Sacro-Occipital Technique, Applied Kinesiology and Neural & Visceral Manipulation. The roots, however, are firmly embedded in traditional Japanese Medicine, and Dennis has received personal mentoring over many years from Japanese Osteopath and Grandmaster of Japanese ancient martial and medical systems, Dr Masaaki Hatsumi.



Our techniques are non-invasive and low impact. They are suitable for everyone, from birth to the later stages of life.

## Homecare, Recommendations & Expectations

Following your initial treatment, you may feel sore or achy, as though you have been to a session in the gym. This is nothing to worry about and due to the release of stored tension within the muscles. You may also experience headaches or a temporary increase in symptoms. These are normal and signs of your body re-adapting to its neutral position.

While most therapies prescribe rehabilitative exercises to 'strengthen' weakened joints, our approach is to firstly achieve structural alignment and stability of the joint before any exercises or strengthening programmes are used.

We therefore recommend minimal stress to be placed on the joints during this period until stability has been regained. This ideally means no physical stress such as exercise and as little postural stress on the joints as possible.

It is not unusual to notice improvements straight away, though we would expect changes within 4-6 treatments. Long-term or serious conditions may take longer than this.

Many clients, once they have resolved their initial problem, return to maintain their alignment, health and well being.

Maintaining structural alignment is paramount in maintaining good health and functioning of the body.

Our aim is to raise awareness and highlight the importance of maintaining alignment for the overall good health and well-being within the body. Everyone would benefit from regular assessments and treatment of their alignment to prevent injuries and uneven wear and tear of their joints.

For more self-help and advice, you can find us at [www.OrthoBalance.co.uk](http://www.OrthoBalance.co.uk)

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# AMATSU

## Japanese Natural Therapy

### Client Education and Homecare

amatsu therapy association