



Using Alternative Therapy to promote healing from a physical injury with Structural Integration Bodywork

SITUATION

Tim, an inventor and teacher in his fifties, **had broken his foot eight weeks before**. The cast had come off two weeks before his **alternative therapy session**. Tim had had several sessions with me before the break occurred. This was the first one since his injury. At this point **he did not have much pain in his foot**. I noticed he was **slightly unsteady, and favored his foot as he walked around the room**.

Alternative Therapy - using Structural Integration Bodywork to aide self-healing

Using a Structural Integration approach to Deep Tissue Bodywork I started to coach Tim on tuning in to his body. Before having Tim lie down on my bodywork table, I asked him to walk around the room and instructed him on how to become more aware of the interlocking patterns of compensation for his broken foot, in his ankles, knees, hip, back and throughout the rest of his body.

By having Tim expand and deepen his body awareness, while having him walk around the room in preparation for lying down on my bodywork table, this increased an already existing predisposition in him to actively participate in his healing process.

As I used my gentle hands-on approach to release the musculature in his legs and back, Tim could feel even more what had gone on hold in his body, in reaction to his broken foot. Through my hands I could feel Tim actively participating in this alternative therapy releasing process. Whenever I checked in with him while encouraging him with my words to breath more freely, he said he could feel his whole body letting go.

RESULTS OF ALTERNATIVE THERAPY for A Physical Injury

At the end, when Tim walked around the room there was no limp and no pain. It was really quite remarkable. This much change, so fast isn't so typical with everyone. This results when there is a whole lot of conscious letting go. Tim brought to his session a capacity to take charge of his own self-healing so that he was able to actively participate in this alternative therapy process.

Interestingly, in the several months since I did that alternative therapy session with him, and without further work from me, he reported neither having any pain again nor limping.