

DESCRIPTION OF PROCEDURES, TECHNIQUES, BENEFITS

AND OUTCOMES OF MOTION THERAPY BASED ON

QIGONG/TAI CHI

Dr. Wayne English teaches, leads and directs an innovative therapeutic exercise program entitled Motion Therapy based on the Eastern Medicine Practice of Qigong and Tai Chi.

The purpose of this form of therapy is to introduce and teach patients a safe, non-threatening method of beginning movement patterns which **will produce a rapid reduction in the severity of pain and not cause reinjury or worsening of the condition.** This may have happened in previous attempts at rehabilitation using other techniques or modalities that were poorly understood, too strenuous, too threatening or too rapidly progressive.

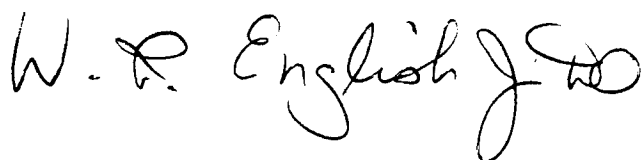
Dr. English emphasizes the importance of individualizing the beginning exercise program to the basic needs of each patient and helps them be able to visualize a restorative movement pattern that is safe, non-injurious and as free of pain as possible. Once the patient realizes that he/she can move "safely" and **WITHOUT FEAR** through an area previously injured and presently painfully restricted, "a new hope" of recovery is realized. Once the "excitement" and the anticipation of relief and improved function is evident, there is renewed enthusiasm and a more compliant, cooperative effort develops to permit a whole new dimension of rehabilitation programming and restorative healing movement.

The use of Qigong/Tai Chi assists with proper abdominal (diaphragmatic) breathing techniques, accurate visual imaging to connect mind-body function and finally enhancement of intrinsic energy flow through areas of previous injury that have been painfully restricted.

Dr. English applies the principles and techniques of Qigong/Tai Chi to better understand the patients' mechanism of injury, problem areas of limited motion and pain as well as the basic psychodynamics of poor and prolonged recovery. Because Qigong(Healing Energy) and Tai Chi(Movement of healing energy) incorporate methods of bringing about wellness of body, mind and spirit, the patient is able to more easily become involved in and see the importance of focusing away from their pain and developing their own methods of self-healing. Thus they are more easily motivated to help themselves with their own rehabilitation program.

The slow, easy non-ballistic movements of Tai Chi help in a non-threatening manner to improve balance, coordination, position sense and posture along with restoring more normal range of motion, strength through relaxation and endurance through repetition of restorative movement patterns.

Each patient is given a series of restorative breathing and mind – body controlled activities to be done at home between visits.

A handwritten signature in black ink that reads "W. R. English Jr." followed by a stylized flourish.

Wayne R. English, Jr., D.O.
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THE HEALING BREATH

While this exercise can be learned in a matter of minutes and some immediate benefits experienced, usually the profound effects of the exercise will fully manifest only after months of regular practice. As you become more proficient with this technique through practice, however, you will require shorter and shorter sessions because you will have conditioned your nervous system to respond in a much more beneficial manner. If you are practicing deep breathing regularly, just two or three breaths will bring you the benefits of what might now take anywhere from 15 - 45 minutes.

Sit in an upright position with your spine erect, or lie flat on the floor. Take a deep breath in through your nose, and then blow it out completely through your mouth, with an audible sigh of relief. This sigh of relief is your body's way of letting go of stress and tension. Breathe in deeply again, and as you exhale, notice how your belly flattens, and flatten it even further, squeezing out every last bit of air, pushing out all the stale air from the bottoms of your lungs. Now just let the next breath flow in all by itself through your nose, letting your body just breathe all by itself. Let yourself be fully aware of this effortless exchange of air into and out of your body.

Now place both of your hands gently on your abdomen and continue breathing, in and out through your nose. Inhale slowly and deeply through your nose into your abdomen to push up your hands as much as feels comfortable. Exhale through your mouth, making a quiet, relaxing, whooshing sound like the wind as you blow gently out. Your mouth, tongue, and jaw will be relaxed. Take long, slow, deep, easy breaths, feeling your abdomen rise and fall like waves in the ocean. Breathing is an unseen nourishment that quietly upholds our lives. We live in a breathing body on a breathing earth in a breathing universe. We are part of this great cosmic pulsation. Breathing is very simple, like waves---there are ascensions, and descensions, and silent gaps between. So just focus on the feeling and rhythm of your breathing as you become more and more relaxed. (Pause.)

Now let your breathing become more regular and natural, being careful not to force it---just being aware of its natural rhythm. Imagine that each in-breath is carrying you deeper and deeper into your own inner self---your true and unlimited self, your essence. And each time you breathe out, feel yourself letting go, more and more, of your outer world concerns, letting go of the busy-ness of your everyday mind. Then, as you continue to breathe out, feel yourself sinking even more deeply into your inner world of stillness and peace. Spend the next few moments riding the waves of your breath further and further in, to that ocean of wisdom, and love, and creativity, and peace deep within you---the place of your true beingness and knowingness---your essence. (Pause.)

Now, remaining connected with your essence, continue to breath deeply and naturally through your nose. Place your hands gently on your solar plexus---the place where your ribs start to separate above your abdomen. Imagine that, with each in-breath, cleansing and healing energy is rushing into your lungs and being stored in your solar plexus. And then imagine, as you exhale, that this stored energy is flowing out to all parts of your body. Form a mental picture of this energizing process, getting a strong sense of what this healing energy looks like and how it interacts with your body. Spend the next few minutes storing this energy in your solar plexus with each in-breath, and then, with each out-breath, letting this energy spread out, healing and balancing and energizing all parts of your body. (Pause.)

When you are ready, slowly bring your attention back to the room and open your eyes, noticing how you are feeling. Notice how much more relaxed you are than when you began.

Stress Management/Prevention

Stress occurs when a person is out of balance as a result of an external element ~~that~~ is allowed to negatively influence the mind and/or body.

Stress often manifests as headaches, tired and sore muscles, tension, upset stomach, sickness or disease (dis-ease). It also manifests as unkind, abnormal or anti-social behavior.

Stress can be managed or prevented by responding to negative external influences rather than reacting to them.

To respond to a situation, stop and consider both the positive and negative results of your comments and actions. Think before you speak or act.

Respond by:

Seeing the broad perspective ...

Considering other people's feelings ...

Being aware of your thoughts and feelings ...

Being aware of what is happening now ...

Breathing deeply and relaxing ...

Taking an extra breath before speaking ...

Realizing that responding counteracts stress ...

Don't React

Not just your point of view

Not just your opinion

Not just whether to fight or run

Not just what happened earlier to cause the situation

Rather than hyperventilating

Rather than interrupting or saying something harmful

Reacting creates more stress

By responding to the situation, you will find that you will create more solutions and have more options.

FROM MINDLESS REACTION TO MINDFUL RESPONSE

STRESS REACTION

- limited perspective of ego---sees stressful situation from a distorted viewpoint.
- automatic, unconscious fight-or-flight reaction to stressful situation.
- reaction based on past conditioning.
- overall state of alarm maintained by shallow breathing.
- reaction generates more stress.
- inability to find new options or resolutions, resulting in a build-up of stress.
- chronic hyperarousal leading to stress-related diseases (high blood pressure, arrhythmias, cancer, digestive problems, sleep disorders, chronic headaches and backaches, anxiety, etc.).
- copes by using maladaptive, self-destructive behaviors (overworking, overeating, substance abuse, aggression, depression, etc.).
- a frustrating experience of feeling powerless and at the mercy of stressful situations.

STRESS RESPONSE

- broad perspective of essence---sees stressful situation in its full context.
- brings mindful awareness of thoughts, feelings, and the threat to stressful situation.
- response based on what is actually happening in present.
- state of relaxation maintained by deep breathing.
- response counteracts stress.
- new options and resolution found to stressful situation, allowing one to let go.
- recovery of physical and mental equilibrium, balance, and stillness.
- ability to move on!
- An empowering experience of being in charge and maintaining one's center.

HOW TO NAVIGATE AWAY FROM THE STRESS REACTION AND TOWARD THE STRESS RESPONSE

1. **Tune in to your breathing.** If you can manage to bring your attention to your breathing and breathe deeply for even the briefest moment, it will set the stage for facing that moment and the next one mindfully. The breath itself is calming, especially when we can breathe all the way into the belly. It's like an old friend---it anchors us, gives us stability, like the bridge piling anchored in bedrock as the river flows around it. It can remind us that ten or twenty feet below the agitated surface of the ocean there is calmness.
2. **Connect with essence.** Stay centered in yourself in the present moment, and recognize both the stressfulness of the situation and your impulses to react. This change of view introduces a new dimension into the situation so that you don't have to suppress thoughts and feelings to avoid going out of control.
3. **Expand your awareness.** Allow yourself to feel whatever comes up---threatened, fearful, angry, hurt, etc.---and feel the tension in your body. Being conscious in the moment, you can easily recognize these agitations merely for what they are, namely thoughts, feelings, and sensations. Try bringing your awareness to your face and shoulders as they tense up, to your heart beginning to pound, to your stomach beginning to churn, to whatever you notice about your body in that moment. See if you can be aware of your feelings as they arise inside you. You might even try saying to yourself, "This is it" or "Here is a stressful situation" or "Now is a time to tune in to my breathing and center myself."
4. **See the "big picture."** Look for the whole context of the situation, whatever it is. Your impulses to run or fight, to struggle or protect yourself, or perhaps to fall apart will be seen within this larger picture along with all other relevant factors in that moment. Perceiving things in this way allows you to remain more calm from the start or to recover your inner balance more quickly if it is thrown off initially by your reaction.
5. **Exercise new options.** Make your choice of whether to go the old route of the stress reaction, or to respond out of your greater awareness of what is happening.

Practically speaking, only through regular training to develop mindfulness could we possibly hope that our calmness and awareness would be strong enough to assist us in responding in a balanced and imaginative way when we are stressed. The capacity to respond mindfully develops each time we experience discomfort or pain or strong feelings during meditation and we just observe them and work at letting them be there as they are, without reacting.