

Aggravated Because You Aren't Getting Answers?



**By: Joshua Lewbel
MAT, CSCS**

Have you ever felt confined because your body won't do what you want it to? Recently, I started working with a woman upset because she could not keep up with her new boy friend. The problem wasn't the boy friend; it was a pain in her hip. Aggravated by tightness on her left side and feeling like a bother, she was almost ready to give up. In desperation, she sought medical attention: MRI reports, X-rays and several specialists followed – but no relief. Every test showed the same thing. "Nothing is wrong!"

It was the boy friend who recalled that several years ago he had worked with us to relieve a chronic back pain. He suggested giving me a call.

A few totally non-invasive motion and strength tests revealed several interesting things, none of which would show up in any medical report. Before revealing these findings there are three principles you need to know about the human body. They are the same ones I teach my students in kinesiology (The study of human movement.)

1) Joints allow for movement, 2) Muscles move joints and 3) ligaments limit movement.

Since her greatest area of pain was the left hip I began with her left leg. Using her right or "good leg" as a baseline for comparison I checked each joint starting at the foot.

Left Foot-	Left Lifting Up
Left Knee-	Limited Straightening
	Limited Turning Out
Left Hip-	Limited Lifting Up
	Limited Pulling In
	Limited Turning Out
Right Hip-	Limited Turning In

As seen on the chart when we compared her two legs there were six joint movements that were limited on one side. We call these differences imbalances. Since the muscles' job is to move the joints, the rationale approach is to get the muscles to move those joints again.

At Elite Muscle Mechanics we use an innovative form of bodywork called Muscle Activation Techniques™ (MAT) to accomplish this task. As this story illustrates, we use MAT to systematically evaluate and then correct muscle imbalances that relate to stiffness, pain or injury. MAT was developed by Greg Roskopf a biomechanics consultant for the Denver Broncos and Utah Jazz. To learn more about MAT visit www.muscleactivation.com. We are the first and only facility to offer this technique in the Greater Hartford Area.

To schedule a free 60-minute consultation, contact Josh Lewbel at 860-657-6845. The Elite Muscle Mechanics Clinic is located at 74 New London Turnpike, Glastonbury, CT. Visit our website at www.EliteMuscleMechanics.com

Josh earned his Bachelor's Degree in Movement Science from Westfield State College in 2003 and has worked in the health and fitness industry since 2000. He studied for a year under Greg Roskopf, a biomechanics specialist for the Denver Broncos in 2005 to complete his certification as a Muscle Activation Techniques™ Certified Specialist. In addition to practicing Muscle Activation Techniques™, Lewbel is an adjunct instructor in the Fitness Trainer Program at Branford Hall. He is also currently certified as a strength and conditioning specialist and is working on continuing his education in the Resistance Training Specialist™ Mastery Program.



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Reflexology, Winter Blues and Seasonal Disorders

Submitted by Jane Williamson with parts courtesy of Pat Urban & Michelle Bez



This winter has been unlike the winters of the past several years. I will be 53 this year and don't remember many winters like this one. I remember the blizzard of 1978, and remember when I was in grade school, but, none seemed to affect me the way this winter has. The lack of Vitamin D (sunshine) has many people

seeking help from the physical and mental stress this winter has put on our lives.

Depressive disorders affect approximately 18.8 million American adults age 18 and older in a given year. It broadly affects all aspects of your life such as physical health, sleep patterns, eating habits, work and relationships and results in thoughts, feelings and behaviors such as anger, irritability, hopelessness, fear, anxiety, fatigue, numbness, confusion, worthlessness and shame.

Our research into the causes of depression found that it is actually a state of high arousal. This leads to over arousal and agitation and subsequent exhaustion and chronic fatigue. When depressed you actually have higher concentrations of stress hormones such as cor-

tisol and noradrenaline in your blood than a non depressed person. Therefore, you often need to experience regular relaxation as part of your treatment and recovery.

Reflexology can aide the body in dealing with this disorder and its accompanying symptoms. By inducing deep relaxation, reflexology encourages the body to regulate chemicals and hormones for optimal functioning. We can also target specific areas in the feet such as working your adrenal gland reflexes to encourage the body to regulate adrenaline and to release natural pain relief chemicals. Reflexology can trigger your brain to release endorphins. Endorphins (natural pain killers) in turn

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If you are curious about reflexology The Sole Connection, LLC offers all new clients a 30 minute free assessment. Please note: Reflexologists do not diagnose, prescribe, or treat, and are not substitutes for other medical professionals. The Sole Connection, LLC now has two location, the first is at The Vernon Professional Building, 281 Hartford Turnpike, Suite 104, Vernon, CT. and the second location is at 333 Pomfret Street in Putnam, Ct at the FUJUN Wellness Center. See our website, www.thesoleconnectionllc.com or call for more info 860-875-(SOLE)7653

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Mention The Women's Journal. It Identifies You!