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**My Approach to Pain Management**

Step 1 I look closely at your posture and gait. I ask you to move the affected body area around within your level of comfort, looking for the pattern of dysfunction, which includes an assessment of which muscles are involved (which are weak and which are hypertonic). If nerve dysfunction is present, I assess which body area is likely the cause based on the pattern of nerve dysfunction and how you move your body.

Step 2 I perform a gentle physical assessment of the body area and ask you questions about other body areas that may not be functioning optimally.

Step 3 I manually stretch certain muscles while you're in a relaxed position. This serves to enhance the effectiveness of my treatment. I may also wiggle and shake a muscle group to help release the state of flexion.

Step 4 If you're willing, I use a technique called Cupping (see below) to further release the state of flexion. In my experience, cupping also serves to change the pattern of dysfunction the muscles and tissues are stuck in. In other words, I give the muscles an opportunity to work the tension out of themselves so that blood, lymph, and nerve circulation can normalize. Fascia also comes in to play with the cupping technique.

Step 5 If you're willing, I use acupuncture to quickly and effectively release the flexion from your muscles so that they can return to a state of neutral (not flexed, no more tension). I don't use electrostim. Acupuncture is performed near the end of the treatment; the goal is to encourage the muscle I'm working on to complete its state of flexion so that it can release it. I've learned that muscles which are stuck in perpetual flexion need to move briefly into a state of maximum flexion before they can move into its normal state of neutral (relaxation). This momentary flexion lasts for about 1 second. It is uncomfortable in the moment, but provides significant relief. It is the best method I've found for achieving fast and sustainable results.



It's important to note that I never force the tissue to release. I also don't work outside of your comfort zone. You are in charge throughout the entire treatment, and are encouraged to speak up if something I'm doing is a little too uncomfortable, or doesn't feel to you like it's the right thing to do. I constantly watch your reflexive body movements to ensure you are in exactly the right body position and that I'm doing exactly the right thing according to your body's unique needs.

Step 6 Based on how your body responded to the treatment and the patterns of dysfunction I discovered, I recommend body positions and/or repetitive body movements for you to do at home. These body positions and movements serve to prevent the body from returning to its state of dysfunction, and encourage the body to continue with the pattern of function I restored with my treatment. These self-care technique generally require 10-20 minutes per day of your time. They are most important in the first 3 weeks of treatment.

Step 7 I recommend the optimal treatment schedule for your body to achieve the swiftest and most sustained recovery. Usually this is either once or twice weekly. My goal is to, as swiftly as possible, get you to the point where you no longer rely on treatments. Many people require only 3 treatments, while others require 6-9 treatments. For chronic long term dysfunction, more than 9 treatments may be required for adequate and sustainable restoration of function.

Note After my treatments your muscles may feel sore and tired for a day or two. You may feel weaker after the session, which is a normal and temporary thing. You may also feel tired. Try to avoid having busy or demanding day ahead of you after a treatment. The treatments are most effective when your body is given the time and space it needs to rest. This treatment continues to have an effect on the body for several hours after the appointment.

It's a good idea to have eaten a fairly solid meal within 3 hours of the treatment. This aids in the recovery process and helps prevent low blood sugar.



### Cupping, A Traditional Chinese Technique

Cupping is a little bit like the inverse of massage - rather than applying pressure to muscles, it uses gentle suction to pull them upward.

Cupping releases muscle tension. It also releases tension in digestive, reproductive, respiratory, and lymphatic tissue. Because of this it is also used to treat digestive problems including GERD, menstrual issues, respiratory problems including infection, and even skin problems.



Cupping detoxifies and enhances the function of whatever body part is being treated.

Bear in mind that cupping leaves marks on the skin that can last up to 2 weeks. They aren't painful, but they are unusual to some people. The cups used at the clinic are silicone and do not require any heat.

