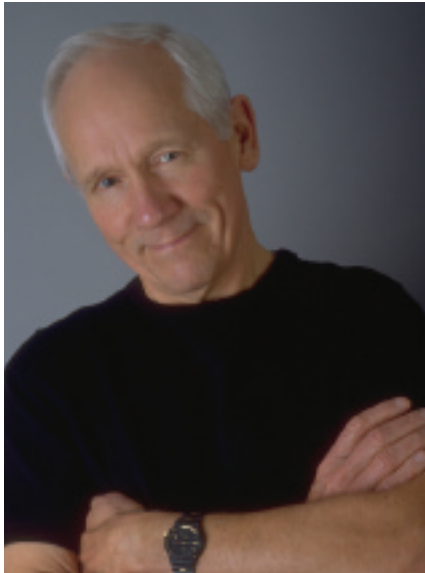


KYTBHealthNews

A Publication of Ken Youngberg Therapeutic Bodyworks Inc.

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Spring Into a Healthy New Season



I am committed to eliminating your soft tissue pain as quickly as possible

Ken's Q & A

Why do you integrate structural cranial techniques in your work?

Cranial techniques can impact the body in phenomenal ways. Mobilizing the cranial soft tissue in conjunction with the subsequent bodywork further enhances the process of restoring homeostasis (*the state of dynamic equilibrium of the internal environment of the body, Taber's Cyclopedic Medical Dictionary*). promoting stress relief, and healing.

Health Update

With the weather warming up and the days getting longer the bicycling season is again in full swing, and I have already seen a number of clients with the most common start-up aches and pains: in the back of the neck and upper back from cervical hyperextension, sore knees usually caused by typically tight quadriceps which can compress the kneecap against the joint, painful hips and ankles from inflamed tendon attachments, and tingling and numbness in the hand, forearm and foot from nerve compression. *Improved flexibility and strength will prevent all these problems. Sit upright from time to time and take the pressure off your back and neck. Stand up in the pedals and get the pressure off your butt. Remove your hand from the handle grips one at a time, shake them out, and flex your fingers to get blood flowing. And remember to wear your helmet at all times. We want you to survive every little skirmish with the pavement.*

The Wharton's Stretch Book, Jim & Phil Wharton

Therapeutic News

When we think of bodywork, we usually think immediately of muscle. Depending upon one's physique, muscle makes up between seventy and eighty-five percent of the body's weight. It is the presence of this remarkable tissue, just as much as it is the absence of chlorophyll that defines us as animals instead of plants. Our musculature is by far the largest and most metabolically active organ of the body. Taken together, the skin, the connective tissues, and the muscles offer the skilled bodyworker a wide and a direct path into an individual's psychological and physical responses to the world, and the relief of local problems in these tissues can have a most profound effect upon that individual's sense of well-being and effectiveness as an organism.

Job's Body, Deane Juhan



Directed myofascial unwinding strokes spread the bellies of the lower leg muscle

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