

From Palpation to Inhibition

Palpation the tactile sense of Detection. Inhibition the tactile sense for correction.

The palpatory skill we need to develop at our fingertips has to be able to cross the interface of tissue and sense omnidirectional pulls beneath the surface.

In palpation we are listening and feeling for change processes imposed on the tissue by a stress factor. The stress factor can be physical force, a virus infection or even emotional.

Stress as a force distorts tissues into deformity changes. A classical definition states that force is any agency or influence which changes a body's state of movement or rest.

So every external force influencing itself on the body can result in a stress of internal adaption as our bodily tissues respond to the stress. This is the basic fundamental of integrative anatomy and physiology. The elastic property of tissue can deform as a result of the stress and allow it to reshape after the force has ceased. This allows the body to function as a motion mechanism moving from a static posture against gravity to a dynamic posture of co-ordinated muscle action.

This elastic response is our best defence against the stressor. The problem is that some of the stress force can be retained in the tissues. This retained energy is conserved in the tissues for months and even years until it is released. When the stress force is greater than the elastic deformity of the tissue, the response is called plastic and the deformation of tissue is continuous and permanent.

So in therapy, our protocol and aim is to detect elastic changes in tissue to release conserved energy and to balance the pulls in the Tensegrity matrix that holds those abnormal adapted patterns. These pulls exert an imbalanced torque in the geometry of the body structures. This affects our core design features and our own personalised geometry.

The body tissues have two qualities that we need to consider. The first is called Anisotropic and describes how the response to a stress differs along different axis. So as the stress runs through the body is many angled axes of motion the vectors of force will disperse the energy in many directions and with varying degrees of tissue density response.

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The body's tissues are described as homogenous which describes the different composition of tissues, for example, long bones, dense organs, hollow organs, muscle, fascia and liquids.

So now consider a stress factor imposed on the body running omnidirectionally through different tissue densities and along many axes. The end product of this stress is defined as trauma, which refers to a generalisation of bodily lesions resulting from any form of an external assault.

These assaults on the body can also include sedentary lifestyle and biased postural habits. All habitual physiology movement patterns violate our inner core balance resulting in diminished physical capacity.

So as a practitioner your skill is in detecting the response of adaptive change to the axis of motion of a joint and the direction the stress followed to establish the lesion pattern. A very integral part of the skill of palpation is relaxation of our body parts as we position ourselves around the client.

The skill of relaxation inside of any skill is mastery. When a person first learns a skill they can't relax beyond the level of ability. The more you relax beyond the level, the more the movements of the art become disassembled and fail.

Your ability at any skill level is collectively a synaesthesia of motor skills, co-ordination and the mental picture of the act. This awareness of body intelligence is our global sense of Proprioception. The limbic brain is a constant listener. Our instincts and learned behaviours are instinctively organising and reorganising our systems in response to stimuli. As you relax you dissipate the co-ordination and the separate actions disassemble and fail. Your cognitive awareness of the skill is still at a muscular control level. To relax inside the act is to rely on the unconscious competence of a global intelligence of the whole skill.

When you watch a master at work they appear to float through their actions and explain that they are not using strength but power. Strength is defined as the effect of force which is equal to mass accelerated. This encompasses Newtonian principles of leverage which would require a muscle to contract, pulling a straight lever or bone over a fixed fulcrum at the joint. So you can see that strength and the mastery of muscle relaxation are totally opposing

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responses. This mastery of relaxed integration has to be explained in a different language than Newtonian mechanics.

Power on the other hand requires a relaxed muscular integration. Once muscles are engaged in a tension coupling integration. They initiate the inertia of movement. The body moving behind this inertia can alter its geometry to produce nodal points of power propulsion.

Noel Huntley a physicist describes this relaxed mastery as quantum action which is defined as energy multiplied by time. It's based on Maxwell's electromagnetic equations which contained scalar wave terms known as quaternions. These waves explain the potential for a unified field theory and their applications. This free energy theory was considered too unstable to measure the paradigm of objective science.

By removing them from a global paradigm of energy action, you create a reductionist equation of the factors. Current science only recognises linking together and co-ordinating movements as a skill level. This attitude proposed that a high level of skill is more automatic. The co-ordinated movements inside the act became linked into an automatic reflex pattern that can respond faster literally because it's a linear chain reflex response. This reflex response is faster but it's still sequentially acted out at a motor skill level.

The Quantum action theory is based on their being two levels of ability in selected learned skill. One level of the skill being more global and higher than the other one. So when a finger performs an act it is governed by a higher order intelligence, sensing a larger chunk of now time. So a higher intelligence sensing a need for change at the finger level can control the change. Psychologists discovered thirty years ago, that learning a skill at shoulder level would pass down the ranking system to low levels or fractals of elbow, wrist to fingers. The learning pattern however would not pass up the rank. In fractal terms then the finger does not know that it has a nervous system, but the nervous system knows it has a finger. The global intelligence we are talking about here is higher than the nervous system.

Muscular action is measured at 1/5 of a second in transmission. The changes in finger position of a concert pianist are measured at 1/1,000th of a second.

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These actions are the result of an energy matrix where an instantaneous response can be elicited.

When Hatsumi Sensei first talked to us on the principles of therapy, he told us we had to understand Gairon, this Big picture.

“What has been discovered is the scientific basis of the interconnectedness and continuity of the parts of the living organism. This interconnectedness is based upon the careful study of the structure and function of cells and tissues. It provides a basis for the streaming of energy and information throughout the living body.

Energy Medicine, James Oschman page 41/2

A learning pattern has a holographic amplification (the single factor which determines the essence of the skill) which spans both space and time. This amplification manifests as an information density with an instantaneous response.

Noel Huntley

This global or Proprioceptive sense on a high skill elicits instant cancellation of motions and sudden changes of direction with great accuracy. These movements inside the flow of an act are several features working in a perfectly synchronised manner. They include the flow of the movement, staccato, rapid stops and direction change, chaos, and lyrical movements such as skipping and occur instantly inside the flow of a motion or act. The muscles provide a basic force for movements but the energy field stores the programme. This enables high co-ordination and great accuracy in precise changes of position co-ordinates.

In this kind of movement scenario there are no steps just a continuum of movement. Inside this flow the limbs of the body can be explorative, decisive and evasive in a synaesthesia of motion.

So now if you consider your palpation and detection of aberrant pulls in the tissue is a global intelligence not just a fractal finger skill. The natural movement skills inside Tai Jutsu has all the aforementioned quantum action properties applied through a unified field quality, this is the bodies

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interoceptive feel. This is your internal sense or reference as to the location of your body parts in integrated in relation to three dimensional space.

Hatsumi said “All that is important here is the feeling”

(Hatsumi conversations. Oral transmission 1995)

Collectively I will now refer to these skills as proprioception to equate with the Western concepts of body, mind co-ordination.

Proprioception is the higher conscious appreciation of the body’s adjustment to orientation of space and movement. Changes to the tensegrous geometry alter the pull in the tissues and adapt to maintain the vertical ability of the body. Invested in the soft tissues are stretch receptors tracking movements of the body. Which allows the body to sense itself kinaesthetically in three dimensional space and through movement.

As the body moves through time and space it weaves the motion and form into a synaesthesia of sensitised co-ordination with the ability to respond to change instantaneously. This Kinaesthesia is the expression of our interoceptive sense which manifests as a global and organic feeling.

“Various kinds of bodywork and movement therapy can change patterns of movement and thereby change patterns of electrical fields that arise from that movement and this ultimately leads to change in body structure”

P.159 Oschman J. Energy Medicine

The application of our palpation skills in Anma allows us to release retained energy patterns in the muscular system, by repatterning the stretch receptor dissonance travelling through the muscle system. This gives muscular and postural alignment back to the body. It relaxes tension in the muscles and improves circulation and elimination of toxins from the system. We work with the innate intelligence which has all the inherent knowledge for postural alignment.

The Seitai model encapsulates the ligamentous system into a global movement intelligence. Bones in a tensegrous model float in the suspension of a ligamentous and Fascial system. The inhibitory impulse you exert changes the

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pulls in the ligament and initiates momentum to move the body. This movement used therapeutically alters the modified fulcrum in the lesion. The body has an inner core bias for static and dynamic postural integration.

In the Shinden model we encompass the organs and their suspensory fascias, and their attachments to each other and skeletally. Combination of Anma and Seitai skills works with aligning the skeletal pelvis and thorax into balanced tension. Inhibition to the pulls on the fascias can liberate the organ and its suspensory apparatus to free mobility again, Fascial pulls and organ ptosis cause many structural problems.

“Any disturbance of the equilibrium of an organ which includes that organs ability to freely move or any departure from normal structure and function of that organ is a state of disease”

Dr. M Rees 1980 lecture

“The organ which is in equilibrium with its environment and has all its parts in equilibrium with the ability to freely move is in a state of health”

Dr. M Rees 1980 lecture

“Innate can correct a vital function by resuscitation of an organs vitality”

Dr M Rees 1980 lectures

“We should also see resuscitation methods as a form of medicine. Formerly the method of medical treatment called Hichi Buku Goshin Jutsu was learned as part of the process of acquiring Budo Taijutsu”

Masaaki Hatsumi Unarmed Fighting Techniques of the Samurai p13. Kodansha International 2008. (Conversations, oral transmission by Hatsumi in 1995)

The Kenku model gives you access to the dural system and cranial bone movement. Lesion patterns run along the spine altering the pull on the dural sleeve and result in cranial torque affecting the osseous mechanism and the Falx tentorium. This alters the cranial rhythm resulting in many health problems.

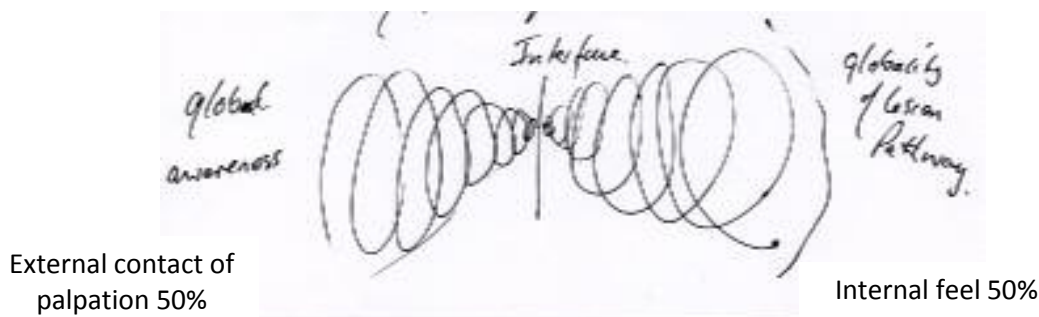
So you can see your palpatory skill is essential to appreciate the globality of the lesion pattern, the hierarchal systems of control that governs the pattern of behaviour. Your ability to elicit a momentum response in tissue is known as inhibition. This skill allows you to detect and modify the torque in the geometry of a structure. Your inhibition alters the modified axis of motion at a

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joint structure, to allow defacilitation at the lesion site. This form of inhibition reconnects the global proprioception into the release of the lesion to restore form, function and movement to the body. This therapeutic understanding allows us to bring the body towards vertical ability of upright posture with a balanced co-ordination. The work of Joel E Goldthwait and his colleagues at Harvard Medical School developed a successful therapeutic approach to chronic disorders. It is rarely cited yet lays the foundation for modern bodywork and movement therapies. The approach was to get his patients to stand, sit and move their bodies in a more appropriate relationship with the vertical. He demonstrated that the malposition of an organ will disturb its function. If malposition continues long enough, permanent damage will result, but if the faulty mechanics is corrected, damage will be prevented.

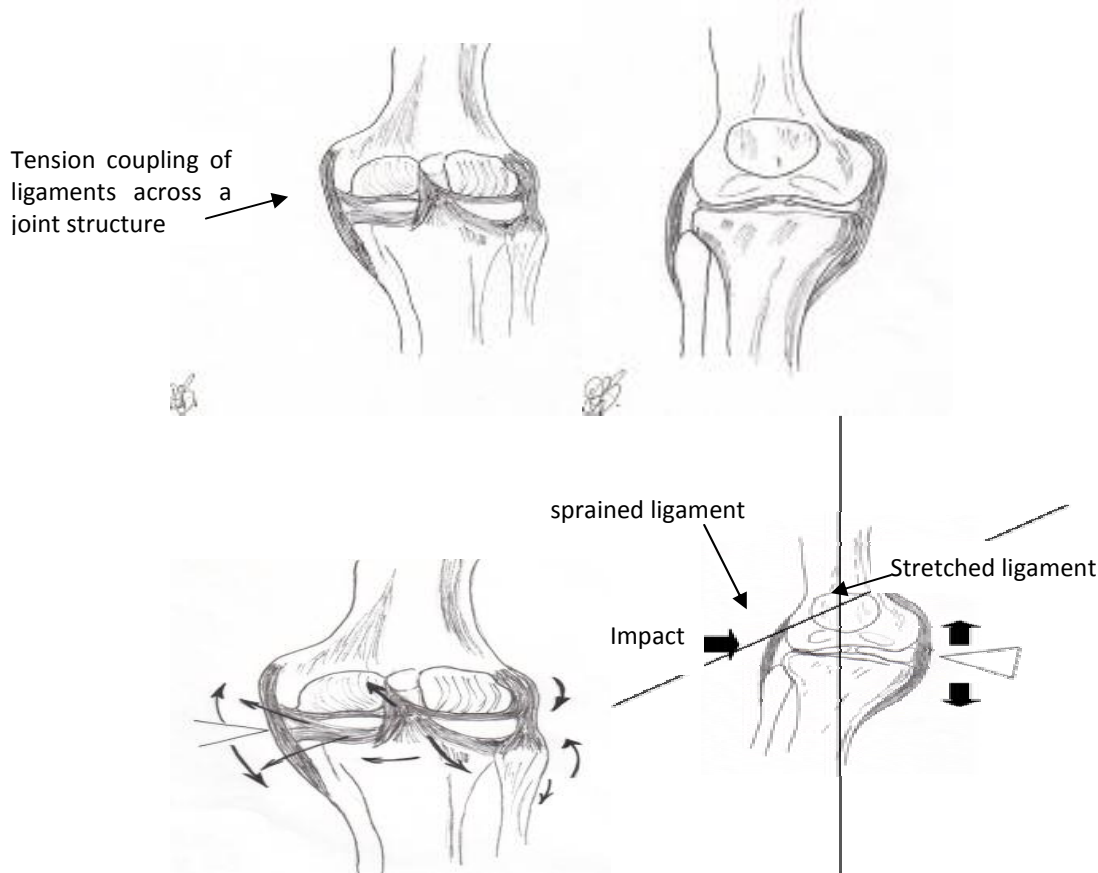
Inhibition stimuli to tissue is a very powerful lever for physiological change. The triaxial squeeze allows the practitioner to perform with great precision and control to initiate momentum of the tissue at the lesion site. Inhibition to key factors in the lesion pattern will elicit anchored motor response to the whole lesion route.



With your palpatory contact established you need to relax and listen to the subtle pulls in the matrix of the tissue. Because of the aforementioned anisotropic qualities in the body, these pulls will be omnidirectional. The tension coupling that normally organises co-ordination of body parts is simply in adaption of its neutral reciprocal geometry.

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The methodology of following and detecting lesion patterns follows one simple criteria, the elastic strains in the tissue in the lesion pattern will always move towards its ease of motion.

Your palpation and motion function test of the joint allows you to engage the joint into exaggeration of movement. This exaggerated position has all the information of the trauma, adaptive changes, conserved energy and tissue memory of the impact or abuse.

To release the conserved energy locked in the lesion your inhibitory pressure initiates movement into the previously restricted direction is initiated.

Muscles contract around fixed axis at the joints to initiate momentum of the body to move in a given direction. This momentum is stabilised and controlled by the global interaction of the ligaments acting around the joints of the body. The torque mechanism of ligaments co-ordinates body parts to behave in an integrated flow utilising the inertia created by the muscles. The ligaments function in harmony as a tension coupling mechanism to organise a phased action throughout the body. Behind this is the global sense of proprioception

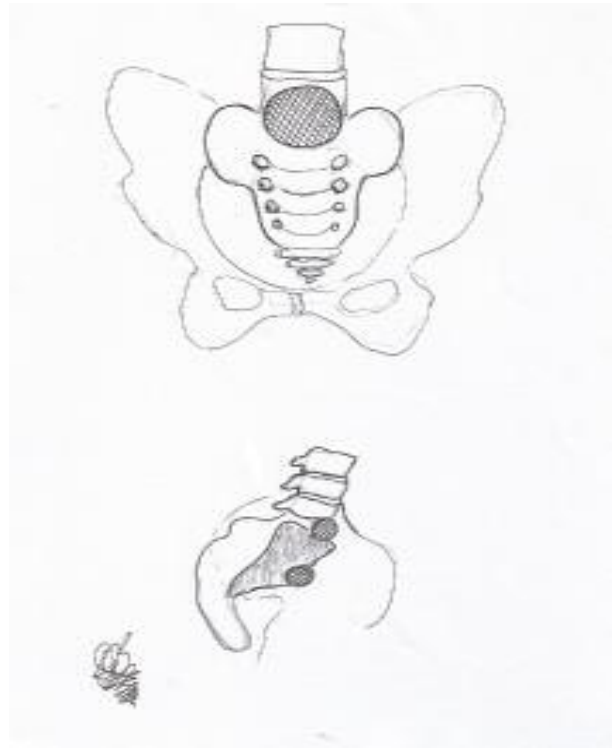
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that is described as Quantum action. Quantum action is described by physicists to be energy multiplied by time. This physiological movement of form through space requires minimal muscle activity, is globally intelligent and provides high impact inertia qualities at the joints. Observe the protective cushioning around babies joints as they move and fall. The body at rest exhibits this quality of relaxed vertical orientation with minimal muscle activity.

This interaction between movement and non movement is a dynamic neutral of suspended motion. So when you elicit a response in a traumatised joint, you alert the bodies' neutral zone of balance, which affects the body's centre of gravity located in front of the sacrum at S2 level.

All lesion patterns affect the centre of gravity of the body at the sacral boot mechanism at the Sacro-iliac junction at S2. If this stress produces an orthopaedic strain separation of the Sacro-iliac junction, this is monitored along Poupart's ligament. *Dr Dajarnettes fossae test along Poupart's ligament detects precisely the lesion position of the sacrum in relation to the Ilium and Ischium of the pelvic bowl. This results in total body adaption as the body loses its vertical orientation. The actions of Pitch, Roll, Yaw and the Gait mechanisms all adapt to this stress.



So the tension at Poupart's ligament (fossae test) is a powerful monitor of loss of vertical ability and structural stability. Any therapeutic measure that changes the response at the fossae is a move towards co-ordination and vertical ability.

Your palpation guides you to trigger sites along the lesion route. Inhibition at these critical points initiates movement at the compromised joint structures, to release the energy from the strain. Inhibitory movement initiation of a limb

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organises and recruits the muscles, ligaments and the anatomical geometry into a smooth synaesthesia.

Any adaptations or alterations to the limb as it arcs through its permitted range can simply be activated by altered pressure at the inhibitory fulcrum contact. This allows the therapist to reconnect the innate Proprioceptive intelligence into the corrective phase of the technique. This is harnessing Nature to do what Nature does best.

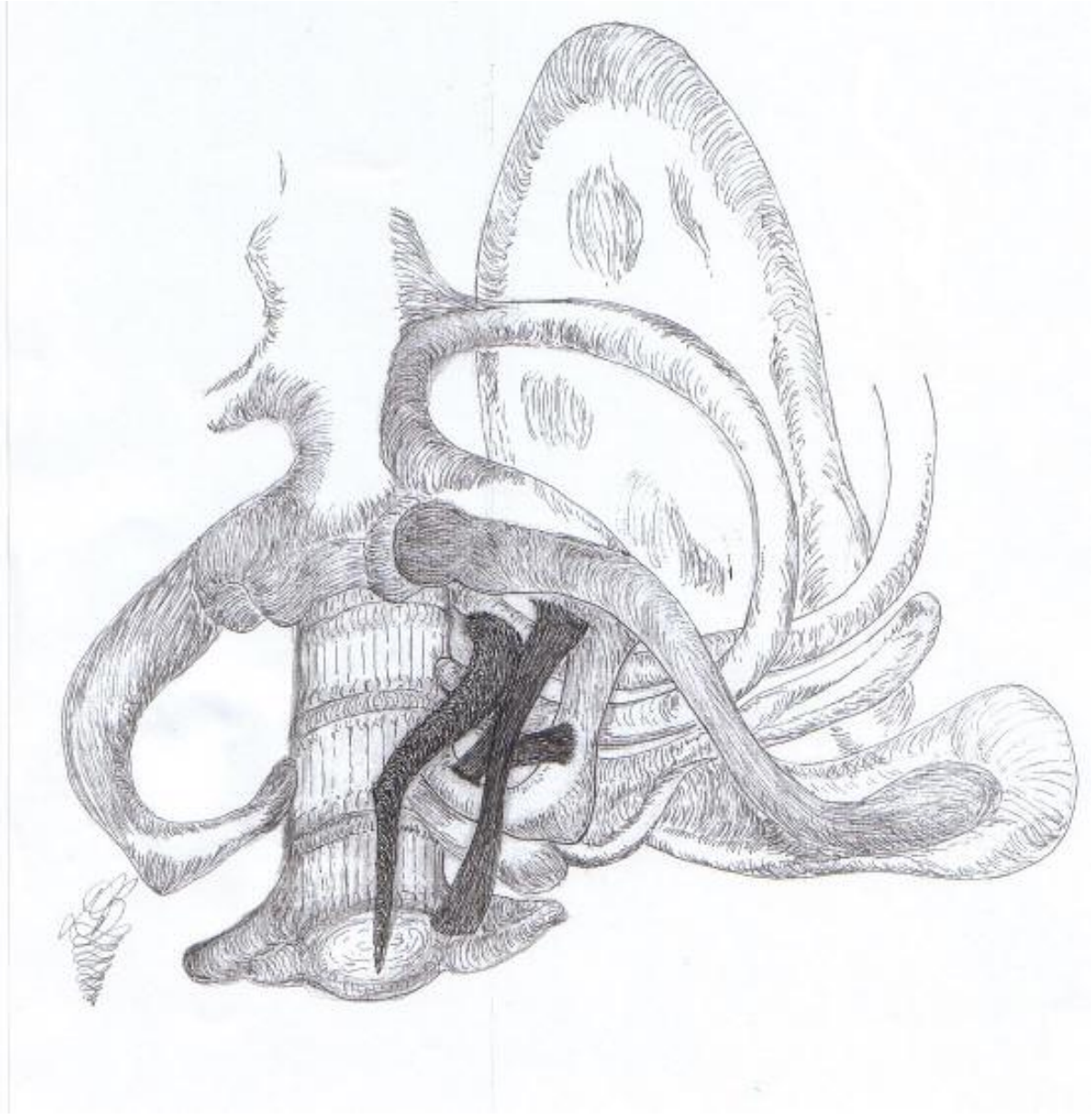
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