

## Jessica's story

By Tom Bradigan LMT, RN

Twenty nine year-old female elementary school teacher, Jessica, received her scar as a result of surgery October 2011 for scoliosis. Two titanium rods were inserted into her spine.

Client reports some areas of numbness along scar but more importantly she has limited torso movement with limitations of about 20 degrees bilaterally.

She has to squat to pick things off the floor and reports some feelings of 'jerkiness' when she does that.

As a defensive reflex, Jessica would sometimes strike out at others if her back gets bumped into in crowded situations.

Psychologically, she gets "teary" sometimes and also reports some feelings of depression regarding the scar with feelings of anxiety when recalling the surgery and afterwards. Emotional response to scar: 10/10 for 5 years after surgery, and now 4/10.

### Session #1

In the first treatment, after using MSTR® for just 8 minutes, Jessica reported her spine "feels warm almost like on fire."

When I touched her scar she reported it felt cool and silky to the touch. During treatment one, she stated it feels 'different' but can't really describe. Red

areas of increased vascularity were noted at top and paler areas at bottom.

Further along in the first treatment, and when I traced along the scar, she now only reported numbness between T9 and T12.

Whilst still on table she exclaimed that her R shoulder had opened up, it was more flexible and she could feel some crunching going on in the area.



Off table she was able to bend over and touch the floor!

Prior to session stated she could only get to 6 inches from floor.

Torso twisting went **from 20 degrees to almost 90 degrees bilateral**. She could bend over without pressure in her hamstrings.

At this point she got teary eyed and said she just wanted to cry because she felt so amazing. We halted the session and we just sat as she explained how she felt that she had gotten her life back and might even be able to resume Yoga and swimming. After we talked a few minutes she said she felt more mental clarity and actually felt taller.

## **Session #2**

At work she noticed she had been able to bend over and pick things up rather than needing to squat to retrieve items children left on the floor.

Hamstrings are little tight but that is because she is doing so much more.

After 6-7 minutes of MSTR® in session two, Jessica reports:

- she felt more loosened overall
- feels no restrictions to torso twisting
- no pinched feeling when side bending to right (prior to treatment she did notice some )
- more ROM in shoulders ( any sense of tightness and burning gone)
- left shoulder free movement
- feels stronger and more stable
- neck feels looser with more rotation
- as she walked about she noticed her arms swung freely in a normal gait pattern.

Conclusion: Many times after multiple therapies have been tried, actually addressing the scar tissue may provide true changes and relief to the body.

