

Core Concept #2

HEALTHY TONE SCIENCE

PROTECTIVE TONE SYNDROME

The Bowstring Method of manual therapy is uniquely effective because it goes beyond treating symptoms such as pain and stiffness; it gets to the root of the problem using a unique system of advanced manual therapy to improve the health and biomechanics of the body by influencing the 'software' of the central nervous system. The Bowstring Method corrects aberrant tension patterns throughout muscle and joint complexes with long lasting results; normalizing tone, position, and function for a more agile and resilient body.

What is normal healthy muscle tone and why do we tend to alter from it?

For most of us, optimal and healthy tone feels pliable, full and springy when at rest; not too hard and not too soft. This type of muscle tone consistency helps maintain trueness in body position, and enables agility and fluid movement due to its balanced combination of stability without the burden of restriction. The Bowstring Method[®] system is extremely adept at creating and maintaining healthy tone throughout the body with a unique system of advanced manual therapy.

Healthy Tone Science

Muscle tone (resting muscle tension) is managed and moderated by subconscious regions of the brain (brainstem, cerebellum, basal ganglia), so we cannot readily change the resting tension of our muscles cognitively. Instead, muscle tone is influenced and modified without our knowledge by stimuli coming from nerve endings situated throughout the body, and then regulated by these primitive brain structures.

For example, when pain or overuse stimuli are processed through these brain centers, they often respond by influencing more tension/tone in muscles throughout the affected area. This unconscious and automatic brain response acts to restrict and isolate the area so that tissue will be held together and protected to promote healing during injury.

While you typically heal tissue injury within weeks, the brain mediated tissue-tension-response that initiated during overuse or injury may inconspicuously linger for years or even decades without proper treatment. This contributes to imbalances and restrictions.

The following explanation for this mechanism may be counter-intuitive, but helps explain what is seen clinically in manual therapy settings.

Being pain free after injury is obviously a welcomed change, but it does not automatically produce the stimuli necessary to influence the brain mediated tissue-tension-reaction that helped stabilize the area during the painful early stages. Since *Not-Having-Pain* provides *No-New-Stimulus* at the nerve endings, there is no new message produced to help the brain re-normalize the muscle tone.

In this case the body is left with a region of tense and restricted muscle that is no longer serving a purpose. In fact, it's predisposing the body to future symptoms and injury because the tissue tension in that area is no longer in balance with the surrounding body. This causes body movements to be less fluid than they were before the initial problem occurred. While this restriction and imbalance may remain unnoticed initially, it will likely contribute to problems months or years later as tissue imbalances and altered movement patterns develop into a clinical syndrome over time causing pain, stiffness and physical diminishment.

This type of insidious symptom generator is seen regularly in manual therapy settings. We often ask clients how their symptoms started, only to find they don't really know. "I didn't do anything to injure it, it just started hurting one day". By identifying and treating syndromes that accumulate due to Protective Tone Syndrome, we will treat the true underlying cause of countless pathologies.

The Bowstring Method of manual therapy is effective because it uses a unique system of advanced manual therapy that corrects abnormal tension patterns by influencing the "software" of the Central Nervous System to heal the broader syndrome, not just the symptom. The results: long-lasting positive changes for our clients without the excessive use of drugs, machinery, or surgery.

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