

Anne (not her real name) reached up to grab a file from the top shelf. The sharp, searing pain in the space between her spine and shoulder made her arm drop instantly. She held her arm to her side to ease the burning that now crept up her back toward the neck. Then the ache started in the back of the head and temporal areas. Her first question was, "Why was this happening?" She hadn't played any sports or did any yard work last weekend. Besides, this was happening on the left side and she is right-handed.

To a Physical Therapist trained in Biovalent Systems Manual Therapies, the first questions would be "Where is the primary tension? What is causing this pain?" During the evaluation process, it is discovered that there is significant tension in the left chest area. The tension had probably been there awhile - perhaps it started after a bout with bronchitis or pneumonia. Maybe it started after that chronic cough. In any case, the therapist recognizes that there is tension of the internal connective tissues of the left lung. He facilitates the corrective action of a reflex which softens the connective tissues and Anne is able to reach up higher with less pain after the first session. In subsequent visits the therapist investigates other possible protective mechanisms: related connective tissue tensions on or around neighboring internal organs, vascular structures and visceral ligaments; localized tensions of tendons, muscles, joint capsules and joint ligaments of the shoulder.

Biovalent Systems was developed by Frank Lowen, LMT. Frank's close association with osteopathic physicians Dr. John Upledger (developer of Craniosacral Technique) and Dr. Jean-Pierre Barral (developer of Visceral Manipulation) lay a foundation for his original discoveries and techniques. Biovalent Systems trains therapists to detect, identify and help the body correct abnormal tensions that are causing the symptoms.

After the evaluation, the therapist facilitates various, inherent and self-corrective mechanisms to address the symptoms. In Anne's case, there may be thickening or scarring of the tissues of the lungs due to the events mentioned before. This thickened tissue creates an abnormal tension pattern that makes the body work harder. Imagine that, in this scenario, the breathing muscles have to work with one more pound of force to do its job. Now imagine doing a biceps curl with a one pound weight...24,000 times...about the number of times the lungs inflate and deflate per day. The body can compensate for this abnormal tension for a while but sooner or later the muscles will fatigue. Finally, after all compensatory mechanisms have failed, the body cries out for help in the form of pain and muscle spasm. If the tissues could be normalized so the muscles could work within their capacity, then the symptoms would lessen.

This is a fairly typical case though greatly simplified. The body is complex beyond our efforts to think through or logically come up with a solution. What Biovalent Systems

Manual Therapies attempts to do is to “read” what the body is already trying to do to correct abnormal patterns then facilitate inherent corrective mechanisms; we try to help the body do what it is already trying to do but is unable to accomplish on its own.

Upon graduating from Physical Therapy School in 1979, Gene apprenticed for three months with a Licensed Physical Therapist who had been practicing deep massage for forty-three years. Since that time, Gene has continued his training in various manual therapies including Myofascial Release, Integrative Manual Therapy, Orthobionomy, Movement Therapy, Soft Tissue Release, and Visceral Manipulation. For the past five years Gene has been on a Biovalent Systems track.

He has taken over 1200 hours of continuing education in Manual Therapies. He has taken all Biovalent Systems coursework and has been accepted into the yearly mentorship program with Frank Lowen.

Gene’s caseload consists primarily of those who are experiencing chronic pain and have tried multiple therapies without relief. Those who are very sensitive due to their chronic conditions tolerate the light pressures well. Patients remain fully clothed during the one hour treatments. Patients can schedule for Biovalent Systems treatment at A Turning Pointe Physical Therapy at (509) 326 - 8878.

For more information log on to BiovalentSystems.com and www.turningpointept.com.