

Fasciatherapy to better jugular vein flow in post angioplasty MS patient

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BACKGROUND: I taught my fasciatherapy approach to the medical staff of a state-of-the-art, fully-licensed hospital and health resort that offers a unique blend of conventional, alternative, and integrative medicines. A 47 year old female patient diagnosed with multiple sclerosis was present for a one month Doppler scan follow up to an angioplasty (Dr. Zamboni procedure) to her *right* jugular vein.

PURPOSE: Demonstrate that a very simple fasciatherapy technique can be used to increase both the quantity and the quality of jugular vein blood flow in MS patients.

APPROACH: I explain to the patient that the fascia release work is done using touch, bodily sensations and breath. While providing firm, *supportive*, holding pressure [1], I encourage the patient to describe location, type and intensity of bodily sensations to raise self-awareness, inhale deeply to stretch fascia, exhale without holding back to release, and reevaluate sensations. I change holding location when patient sensations decrease significantly or disappear. As agreed with the patient's treating MD, a Doppler scan was performed on both the left and *right* jugular veins, prior to and after the 90 minute full body supine fasciatherapy session.

RESULTS: Prior to the session, both jugulars had the same acceptable blood flows than a month ago, with the *right* being less laminar than the left. After the session, both jugulars had a noticeable increased blood flow with equal laminar quality. This result is coherent with my MS patient's subjective assessments of their "brain fog" disappearing after a session or two.

CONCLUSIONS: Results suggest that both the quantity and quality of venous jugular blood flow can be improved by using this very simple holding technique and may be considered a complementary treatment to the angioplasty procedure.

[1] Walton-Hadlock J., Yin Tui Na: Techniques for Treating Injuries of Parkinson's Disease or Any Dissociated Injury. Fastpencil.com; 2012.