

# Releasing Joint Restrictions to treat joint, muscle and nerve pain throughout the body © Loraine Lovejoy-Evans, MPT, DPT



In the human body a normal pain-free body has a skeleton inside that is straight or in a “neutral” alignment.



As an example, the human spine is created here as a stack of plates. The large bottom plate is the pelvis, the plates on top of this foundation are the spine and the bowl on top is representing the head or skull.



In this example a block is placed under the pelvis or foundational plate on one side. Observe how this block changes the stack of plates all the way up the tower including the shoulders (represented by paper cups). In the human body this problem with the pelvis can then cause problems anywhere in the body.



In the human body the problem in the pelvis is commonly due to a spasm in a muscle deep in the stomach on the front of the spine. This muscle pulls the leg up toward the belly and the belly down toward the leg.



Since the foot does go to the floor the belly is then pulled down toward the thigh and toward the floor. The back is no longer able to go straight but stays bent forward.

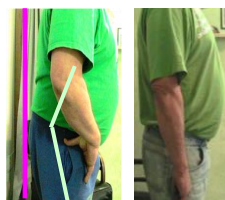
To understand how this can be fixed- imagine that the muscle is acting like a tight bow string pulling the edges of the bow together. To unlock both the bowstring in the bow and the muscle in the skeleton- bring the ends of the bow closer together.



In the human- this is done by putting the muscle on slack and staying in a very specific position for at least 90 seconds to reboot the nervous system.



This can work very well to help get the body lined back up into neutral or straight. This is how people can reduce and ideally prevent pain.



Once one joint is unlocked, another joint may now be screaming for attention! May need to keep unlocking them one joint at a time when you have a train wreck.