

# Myokinesthetic System Decreases Pain

## How did the myokinesthetic system begin?

After years of research, Michael Uriate, D.C. developed the Myokinesthetic System and found a way to impact the nervous system through specific movements of the arms, legs and spine. Many patients had a decrease in their pain when treated through the muscles along the nerve pathways.

## The theory behind the myokinesthetic system:

What we are trying to do is clear any impingement in the peripheral nervous system along a single nerve pathway; thereby having a specific impact on the nervous system. If we can treat the nervous system in a specific way the body takes this treatment and clears its problems.



We know that when someone is unbalanced in their posture, there was a cause and compensation. If people didn't compensate, then people would be walking bent over to one side, but that does not happen until they can no longer compensate. An example is: If you fell off your back porch and knocked a bone out of place. When you stand up, you will stand as balanced as possible. What helps hold you upright is your muscles that are supporting your bones. The nerves then tell the muscles to contract or relax to help hold the bone in a compensated position.

The central nervous system works off negative feedback. It receives information from all parts of the body and then sends responses back down to correct the problem as best as it can with the compensations. So even if you correct the bone position and ignore the nervous system's response, you may not have resolved the problem completely. It is important to clear up the CAUSE through the nervous system and this will clear up the compensations.



With this treatment technique, we treat the muscles that are along the nerve root on each side of the body. By assessing the posture, we are able to determine the nerve root to be treated. The goal of this treatment is to restore symmetry in posture (shoulders level, pelvis level) and decrease painful symptoms.