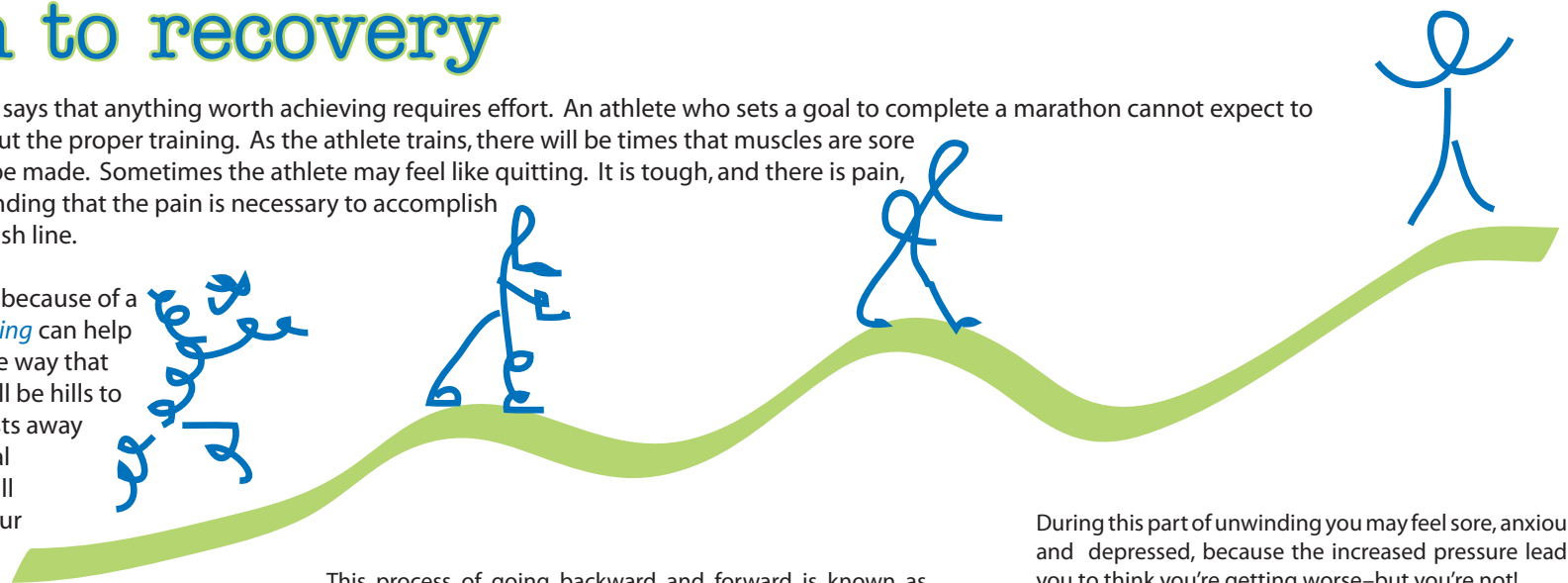


# the path to recovery

There is an old adage that says that anything worth achieving requires effort. An athlete who sets a goal to complete a marathon cannot expect to reach the finish line without the proper training. As the athlete trains, there will be times that muscles are sore and an extra push has to be made. Sometimes the athlete may feel like quitting. It is tough, and there is pain, but there is also understanding that the pain is necessary to accomplish the goal and reach the finish line.

If your body is misaligned because of a mechanical injury, *unwinding* can help you heal in much the same way that an athlete trains. There will be hills to climb as your body untwists away from the major mechanical stress problem, but you will continue to improve as your treatment continues.



This process of going backward and forward is known as *unwinding* and is necessary in order for your mechanical injuries to heal.

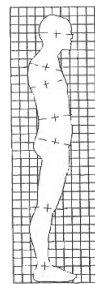
During this part of unwinding you may feel sore, anxious and depressed, because the increased pressure leads you to think you're getting worse—but you're not!

## How to unwind

Before care begins, you have all the symptoms and physical restrictions that result from a mechanical injury, such as pain and stiffness. Using **Advanced BioStructural Correction™**, your doctor starts to correct your body's mechanics by correcting the positions of bones out of place that your body cannot self-correct because it has no muscles pulling in the direction(s) needed to reposition those bones. Your body then corrects the things it can self-correct until it runs into the next one it cannot self-correct because it has no muscles pulling in the directions needed and so on.

During the self-correct phases your body usually starts to improve by untwisting in a backward direction away from the major mechanical stress problem (see up arrow on the graph).

To continue improving, the body partially untwists forward toward the original forward stuck injury position (see down arrow on the graph). At this point, you may feel pain again, but the body is unlocking. This allows the doctor to further correct your mechanical problems.

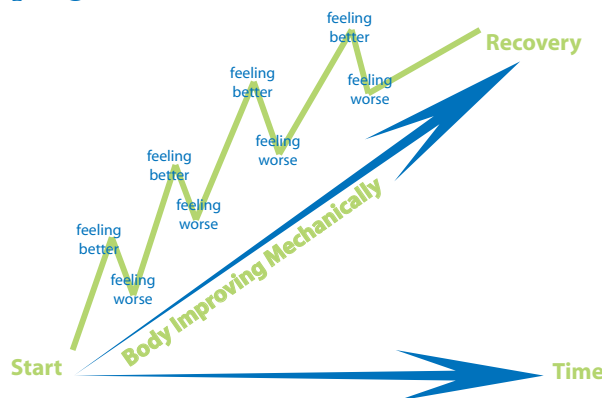


### Start

**When going backward** (upward slopes on the graph) pressure is relieved at the injured sites and the body function improves. In this phase of unwinding the pain and stiffness decrease as you begin to heal.

**When going forward** (downward slopes on the graph) pressure increases at the injury sites.

The graph represents a typical client's progress.

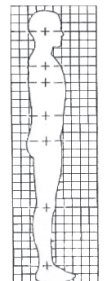


## Recovery

**Remember!** The process of unwinding backward and forward happens many times. This is why there are so many ups and downs on the graph. Each injury you have received must be released this way or you never get completely better. That is why so many people have injuries that seem to hang around for ever. When you unwind through small injuries the symptoms will be mild—you might not even notice. When you unwind through major injuries the symptoms will be more noticeable.

As your body improves, it will gradually untwist closer and closer toward the original forward stuck injury position. When that happens, although there may be some discomfort, you are still improving. Your body mechanics are now healthy enough to unlock significant past injuries.

After going through to Recovery your body will work so well you will have no pain and you will be able to do things you haven't done in years. Starting right from the beginning many people report fuller and deeper breath, elimination of chronic aches and pain, more energy and mental clarity, and recovery from chronic illness.



# What is Mechanical Injury ?

A mechanical injury results when a bone misaligns in a way that the body can not self-correct.

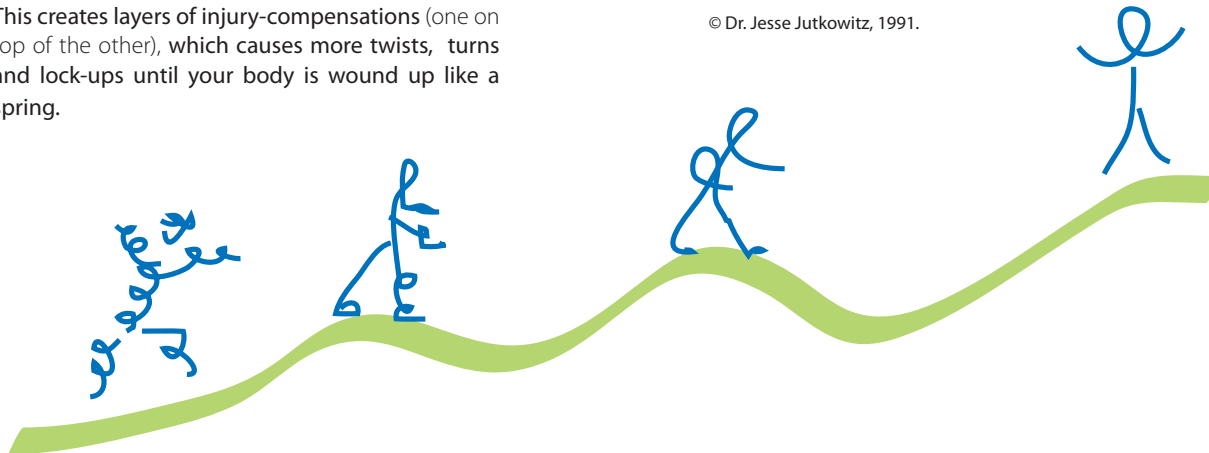
This happens because the body does not have a muscle pulling in the direction needed to correct the misalignment. If you do have a muscle that can self-correct a misalignment there is no injury unless the bone breaks. This is a new discovery in health care that has not yet reached the mainstream but with it doctors can correct any body problems not caused by cancer, infections, fractures and the like.

In the spine this occurs when a bone gets stuck forward. This is known as a subluxation or primary biomechanical pathology (PBP).

Because the body cannot self-correct the positions of those bones it must compensate by twisting and turning (literally winding), and then locking-up. That alone creates a complicated situation.

This problem is made worse by subsequent injuries that also compensate and lock-up.

This creates layers of injury-compensations (one on top of the other), which causes more twists, turns and lock-ups until your body is wound up like a spring.



# What if I don't go through the unwinding process ?

In the same way that having a fever may feel uncomfortable and unfamiliar, *unwinding* forward is a process that some people don't want to go through. Please understand, it is a part of the healing process.

If your body never goes forward, it never unlocks the major injuries, and your doctor cannot correct them. This leaves you constantly in poor mechanical shape. Though you might feel okay, you will never get any better than the point at which you stopped treatment.

Usually those who stop treatment stop when feeling good, which happens during the backward portion of the unwinding process. However, your body will continue to unwind and eventually start unwinding forward, an uncomfortable portion of the process.

Once it starts going forward if treatment doesn't continue it will start to worsen again from the point care stopped.

As such, though you may feel good, if you don't go through the unwinding process, you are an accident waiting to happen when your body is put under the stress of playing sports or other sudden jolts, or the stresses of daily life.

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# unwinding

*un-wind-ing*: the symptom changing

process a body must

go through during

treatment in order to

heal from mechanical

injuries.

