

Clinical Applications of BFL with Common Pathologies: A Case Study or

Expanded Applications of BFL: A Frozen Shoulder Case Study or

As a practicing physical therapist, Feldenkrais instructor and Bones For Life® teacher, I have been afforded a wonderful laboratory in which to explore applications of the Bones For Life® body of work. I would like to share how I have used the following processes with a client I have been treating for a significant L frozen shoulder.

Let me start with a client history. This is a 66 year old caucasian female, seen 12/10/12 with a diagnosis of L Shoulder Adhesive Capsulitis, also known as Frozen Shoulder. Her past medical history includes pacemaker implant April 2012 with initial complications, L mastectomy with implant prosthesis 1986, 1987 and reports some residual decreased mobility in her L upper chest quadrant area. On 10/17/12, she began to notice symptoms of shoulder pain, reduced range of motion and functional use of her L shoulder including:

- *significant difficulty dressing herself including pulling up pants, fastening bra, putting on shirts, jacket

- *difficulty sleeping

- *difficulty reaching up over her head into cabinets

- *inability to use L arm and hand to wash and style her hair

- *inability to reach across her body from L to R to wash

underneath her R armpit

*inability to reach behind her back with her L arm

*inability to be able to walk her dog using her L arm and hand

*inability to carry anything in L hand without shoulder pain

With the loss of function, greater pain was noted. She reported her pain, using the following scale **0 (no pain)-10 (maximum)** :

9/10 with sudden movement

5-6/10 sleeping

8-9/10 intermittently deep with activity

5-6/10 intermittently moderate with activity

She also reported neck and low back pain and discomfort 3-5/10 intermittent and a lack of feeling of space with discomfort in the front of her L shoulder and chest 4-6/10 intermittent. In her posture, her L shoulder was forward and higher than the R and she was slightly 'hunched' in her upper back.

Simply stated, we have a woman experiencing:

**significant pain of her L shoulder*

**significant limitation in use of her L arm and shoulder*

**at times, moderate pain and discomfort in her neck, low back and sometimes L hip*

**she said she feels like she doesn't walk smoothly on her L side*

What a wonderful opportunity to use the BFL work to help this woman achieve her goals of:

- *reducing her L shoulder pain
- *increasing the mobility of her L arm

Here are the processes I taught my client, at times modified when needed:

- #4 Wave Response: Counter-undulation of the curves
Wave Response: Foot on the wall p.26-29 (5th session)
- #40 Rocking in One Unit: Readjusting the spine
p.40-44 (6th session)
- #24 Knee Bends a Knee: Spontaneous springiness
p.197-204 (7th session)
- #56 Combing the Hair: Passive elongation of the neck
p.108-111 (9th session)
- #65 Bagel or Two Knots: Shortcut to upright standing
p.22-24 (12th session)

To date, she has been seen for 14 sessions.

Her mobility is as follows:	<u>12/10/12 Intial evaluation</u>
<u>1/4/13</u>	
Shoulder flexion	95 degrees significant pain
158 degrees initiation of pain	
Shoulder abduction	53 degrees "
105 degrees "	
Shoulder ext rot.	5 degrees "
25 degrees "	
Shoulder int rot.	23 degrees "
39 degrees "	

She reports minimal pain with sleeping, ability to walk dog with L arm, to reach across body and wash R armpit, reach up to first shelf in cabinets, wash and style hair with minimum discomfort and is thrilled with her progress.

Let's take a look at the first BFL process that was introduced:

1. #4 Wave Response: Counter -undulation of the curves. Wave Response: Foot on the wall.

2. Functional Background (motivation for the process)

*In western culture, as we use our bodies less for manual work and find ourselves with a higher percentage of time in seated postures, our image and awareness of the components of dynamic walking and it's qualities of lengthening and shortening are less cultivated, sensed and applied

*Cultivating and defining wave/axis response of the spine is one of the primary concepts of the BFL program for strengthening bone by natural movement and weight bearing posture

3. Specific Contribution (what is going on in this process that answers #2)

*In walking, as one foot steps forward on the ground the whole body weight transfers onto that forward stepping foot

*The pressure of the foot hitting the ground evokes a counter pressure, a ground force, causing an upward stream through the body and makes it taller

*With the body weight transferred to the front foot, the body taller, the foot from behind starts to pass through the air toward the next step

4. Initial Test

*Lie on your back, place your R foot on the wall with a bend in your knee somewhere ~90 degrees, with L foot standing on floor

*Push the wall with the R foot as you breath out, observe the space between your lowback and the floor

5. Procedure of the Process

6. Safety Measures

*May need support under the pelvis, in the lowback space, under the head, neck (what is the distance from the chin to the chest?)

7. Learning Strategies

*How pressing causes changes in tension of muscles

*How eliminating gravity comes into play

*Understanding how the spine responds to the pressure, how the curves are synchronized, lumbar rounded out, neck curves in

8. What maneuver created the change (core of the process)

*Streaming of pressure

9. What is needed to do before that

*#2 Bouncing on the Heels

*#3 Aligning the Neck: spreading the fingers

What can be done after that

*#11 Hand pushes a Wall Spiraling the Spine:
Safe arch in elongation

*#20 Water Carrier's Walk #1: Chest/lower back
interaction

*#21 Aligning the Neck in Resistance: Index
finger between the teeth

*#22 Aligning the Lumbar: Releasing the length
of the back by shortening the front

*#24 Knee Bend a Knee: Spontaneous
springiness

*#40 Knee Straightens a Knee Seesaw of
heel/toes

*#51 Water Carrier's Walk #2

10. Personal Experience of the Process

*Feel taller

*Less tension in lowback

*More open in chest

*Feel freer, more fluid when I walk

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