

Neuralinductive AP-Therapy

from the Physiorefreshment™-Concept

Old Doctrine – New Ways

A Partial Extract of the Physiorefreshment™-Concept

Special Advantages

The direct influence of imbalances and malpositions in the entire functional, compensatory, lesion chain as well as connective and fascial tissues

- ventral Moment
- Meet the patient where he walks and stands - keep the force vector of everyday life and do not falsify it by positioning.
- Work ergonomics and economics → save time and energy for the patient and the therapist
- Regeneration
- Scar Treatment
- individual Therapy Arrangement
- Sensitive-neurological depth effect for the patient
- Influencing the regeneration phases
- Valve Function
- Concentration Balance
- Pain Relief
- Rehydration of the tissue - connective tissue
- increased lubricity and mobility of the entire body
- improved self-assurance and self-confidence
- improved circulation → vasa vasorum
- improved metabolism
- Influencing the cardiovascular system
- improvement of ventilation

- co-determination of the therapy
- sustainable self-help
- specific ADL (activity of daily living)
- Training and therapy techniques with systemic support of training and therapy tools
- targeted mobilization of skeletal displacements and blockages
- lifting and pressure-relieving working techniques for the release of large joints (relieves pressure, relieves pain)
- Reflectory stimulus and resonance phenomena as neuralinductive key - from general influence on metabolism to targeted connective tissue therapy.
- Prevention through regeneration management and self-awareness (walking and standing properly)
- Axis and levels of the human body and the influence on the organs (segment unit and areas)
- Releasing and supplying through spiraldynamic, functional exercises; confusion of the tissue (fulness and emptiness)
- The high sensation able when using the **AP instruments** creates a door in the area of metabolism which will be opened widely with this **neuralinductive key**.
- From experience, the **lasting effect** is still understandable even after 72 hours.
Stress-releasing, concentration-balancing, reactivating and intensive in therapy

What is the meaning of the Neuralinductive AP-Therapy and the Physiorefreshment™ – Concept according to Michael Ketels?

Neuralinductive key therapy as a measure to the mobile freedom. Prevent disorder fields on a causal level, classify them and mobilize them physiologically.

Osmotic and diffusional processes, from cell to cell and in free space, depend on the correct information and a material supply, to work physiologically.

Disturbed areas, crosslinks, blockages and of course, accumulation of lymphoid substances in the interstitial tissue generally alter the functional efficiency of these tissues negatively. Therefore, the aim has to be directly and via collateral functions to lift disorder fields and to influence the balance between fullness and emptiness in the tissue functional and regulating.

From the first step to individual free mobility.

What is the meaning of the Physiorefreshment™-Concept?

Most patients are used to be treated by the therapist and take a passive role.

The active - assistive - passive mobilization (neuralinductive AP-Therapy) are the core aspects of the concept. One aim is to motivate the patient for active cooperation and support this.

The patient should recover again the individual responsibility for his body, mind and soul and support this with joy and system.

He is not only seen as an independent individual but is always in congruence and communication with his surroundings.

You cannot "not" communicate (Paul Watzlawick)

During the therapy, the patient recognize that he/she has an influence on a positive therapy success.

While single therapy, both therapist and patient will work together more and more.

In the beginning, the therapist performs guided movements with the "Premiumgym".

First, the therapist performs guided movements on the "Premiumgym" with the patients, thereby the intensity of the exercise is a self-decision of the patient.

The patient is accompanied from passive exercises to active.

Meanwhile, the therapist becomes more and more passive and is no longer assistant but attendant → hands off

The patient internalized quickly the long-chained, spiral-dynamical and intuitive movements, to implement them while instructed by the therapist.

Thus, both hands of the therapist are free to perform additional pressure and active fascia treatments without or with the help of AP-instruments.

Once the patient has overcome the acute pain, there is the opportunity to take part in group-training in further specialized stretching, stabilization and strengthening exercises on the "Premiumgym".

Thus, the possibility of active self-help wird be created with lasting effect, faithfully to the motto: **"from the form, through the form, in the form"**.

If the therapy targets are not in accordation with the patient`s response, the technique and intensity of the work should be redefined or other causes of "false reaction" should be sought.

With this working method, a diagnostic determination during the application has always be considered.

Word Composition:

Physio (of physiological) = natural / corresponding to normal life processes

Refresh = Refreshment / Activation = the activation and regaining of normal life processes and self-healing powers

Ment (based on management) = action based on economic principles

Ventral everyday moment

90% of people are in a ventral everyday moment

- Mobile phone, computer, frequent and too long sitting etc.

Compensation patterns and consequences are often:

- Shortening of ischiocrural muscles (hamstrings) and autonomous back muscles with the associated fascial strings - cf. superficial and deep dorsal fascial chain
- The double S-shape of the spine is increasingly compressed and the spinal disks are not able to rehydrate themselves completely.

Especially the CTÜ-Area, the shoulder-neck muscles and the function of the cervical spine in combination with the active structures of the jaw are brought into a negative position by immobility and atrophic processes.

- The regulated compensation chain expires and becomes a negative lesion chain.
- As a result, rolling in ventral will cause i.a. the shoulder girdle is negatively affected, the shoulder joint function and thus the complete arm line are in a dysfunction.
- Most organs move three-dimensionally around the longitudinal, sagittal, and transverse axes. The shortening i.a. of the central tendon and the complete ventral fascial chains lead to a shift of the axes in space. Simultaneous constriction of the "abdominal diaphragm" hinders deep abdominal breathing and thereby mobility of the organs.
- The increased abdominal tension additionally negatively influences the motility and motricity of the organs, which can be reflected in the associated vertebral segments due to malpositions. At the same time, the function of the muscles is limited (dysfunction and tension).

Everyday complaints of such "ventral moments":

- Dorsal complaints
- Neck complaints
- Headache
- Joint complaints
- Ventilation problems
- Indigestions - generally disabled, poorer digestion
- Weak concentration
- Pain in the myofascial system

Neurological loops and muscular chains are positively influenced and trained, especially during climbing and swimming movements.

Balancing exercises with stand aggravating cushions and the like, can be perfectly integrated into the training.

There are no limits to the therapist's and user's creativity in terms of multidimensional application and treatment ideas.

It is always welcome to include playful components, as they take out the grimaces during the training and promote general freedom of movement.

The change between **tension** and **relaxation** represents also a long-lasting balanced muscular picture which give the patient lasting a "**feeling of well-being**" and a form of **pressure relief**.

Given that these moduls can also be used as "**help to help yourself**" in **AP-Therapy**, it is possible to create individually therapy instructions and self-help applications for and with the patients to teach them and to let it implement from them.

To go this way, **the motivation** lies in the fast and consistent treatment success and the reward in the form of pain relief up to pain freedom in the everyday life. At the same time, the sustainable effect of change in behaviour arises.

Often people with **disabilities** need special concepts to maintain their mobility. This approach provides **causal requirements** for a more positive everyday life.

Often, sense and understanding do not go hand in hand. Nevertheless, the man in need is ready to lay hand. Especially if the result is positive in itself - **free mobility**.

What **health-oriented training** is for "people with disabilities" to improve the everyday life, is health-oriented training for **prevention** of handicaps for "healthy people".

This concept works everywhere, at any place, at any time and is detached from weather influences.

Whoever's wet is sweating!

- ➔ Old doctrine, new ways, for a positive and healthy time.
- ➔ From the form - through the form - into the form

