

Treat Yourself to

PAIN

FREE

L I V I N G

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Treat Yourself to
PAIN
FREE
LIVING

Advantage[™]

*Dedicated to the memory of
Beth Randolph
For showing me
I was far more than I believed*

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A picture speaks a thousand words, and this section is filled with them. Easy to read, easy to follow, this is the “meat and potatoes” of Treat Yourself to Pain-Free Living, the “how to” of each Julstro™ technique. These nine chapters explain the treatments for the muscles that move down your body from your head to your foot. You'll be able to find the source of your problem by matching the colorful charts from Chapter 3 to the treatments for each painful point.	

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ACKNOWLEDGEMENTS

All books take the work of many people to actually come to completion, and this book is no exception to that rule. I would like to first thank the thousands of clients with whom I've worked through the years, both in person and online. I've learned by listening to them and then finding answers to their questions on what to do to stop the pain. I've also had wonderful teachers, especially Lyna Morimoto, DAc, LMT, and Koichiro Togo, MPH, LPT, who taught me to think about the body in a whole new way. Their instruction was the basis of the knowledge I now understand and teach.

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Last on this page but certainly first in my heart, I thank my family for the love and support you have always shown to me. Anne-Marie & Rob, Michael & Colleen, Meaghan, Ellen, Jack, Martin, Kate, and Aidan. You are the stars in my heaven. I love you.

INTRODUCTION

Reading this book will change your life in more ways than you can imagine!

Your body is worth infinitely more than your car, yet most people know more about their car than they do about their own body. Consider this important fact: you can buy a new car when the current one breaks down, but there isn't a replacement model for your body. *Treat Yourself to Pain-Free Living* is like an owner's guide for your body. You'll be thrilled when you see how a few minutes of your time will show you how to keep your body in good repair. As you read *Treat Yourself to Pain-Free Living*, you will learn how to stop pain fast.

The Julstro™ Technique was developed because I had been diagnosed with arthritis in my thumbs soon after I graduated massage school. I didn't want to stop my career, so with my new knowledge about muscles and how the body works, I developed a way of working that didn't use my thumbs. I relied more on body pressure and other body parts: my elbow and forearm. That technique worked so well that I now teach it to massage therapists all over the country.

As I worked with my clients, most of whom had chronic pain from either accidents or sports injuries, I needed to figure out how to teach them to continue their treatments at home. Then a strange thing happened that has moved my work in a whole new direction: I developed a frozen shoulder. This mild-sounding condition is amazing in the amount of pain that it causes and in the vast area that it affects. It expanded so I was also suffering from a severe stiff neck at the same time. I quickly learned that the only relief my physician could offer to me was muscle relaxants and painkillers, and they didn't help.

Even with all my experience in the pain that muscles can cause, I was shocked at the excruciating waves of pain that shot from my head, across my shoulders, upper back and chest, and all the way down my arm. I just had to do something! I couldn't find a massage therapist who could do the treatments the way I wanted them done, so I decided to treat myself. Even in my world of massage, self-treatment is not the norm, so I had to figure it out as I went along. It took me months to work it all out, but I did, and then I started to show my clients how to do the treatments that worked for me. It was exciting to see them find the knots in their muscles and then watch their faces as they felt the fibers untie. To this day, I still love to watch people as they release their own pain. The biggest benefit is that they now are in control and, should the problem return, they know how to stop it fast.

It's Not Just Based on Luck – Research Proves It Works!

When I started to work on myself to do something about the terrible pain I was experiencing, I looked into two major research books I had in my office. Janet Travell, MD and David Simons, MD, did years of research, proving every point that is marked on the Trigger Point Charts that are included in this book, and they authored a two-volume book titled *Myofascial Pain and Dysfunction. The Trigger Point Manual*. I studied their research, looked at all of the areas where I was feeling pain, and then pressed on the trigger points they had mapped. It worked! I'd feel the tension melting under my fingertips. The pain would lessen and then disappear. It's fantastic how the research done back in the 1960s combined with the self-treatment techniques I've developed are changing people's lives and enabling them to live pain-free. The Julstro™ System is proven effective every day in my office and by people all over the world who e-mail me to let me know how the self-treatments work for them.

You can feel secure that the treatments taught in this book are based on proven scientific research, not just hearsay.

Why Read Treat Yourself to Pain-Free Living?

The body is a perfectly designed combination of hormones, nerves, organs, bones, and muscles. Fortunately, you don't need to know everything about the body. It usually moves along well in spite of how you treat it. Oh, there may be a glitch every now and then, but for most people, other than the "aches and pains" of daily living, their bodies are just fine. However, those aches and pains can surely make it difficult to do the things we want to do.

This easy-to-follow "how to" book isn't here to replace your doctor, but it is here to show you that you can find and release the tension that ties you up in knots – literally! I'm not trying to turn anyone into a medical student or a massage therapist, but I have seen that people live happier lives when they know some techniques that quickly ease joint and muscle pains.

Benjamin Franklin said, "An ounce of prevention is worth a pound of cure." I'm here to show you how to prevent – and "cure" – pain that is caused by tight muscles. I'll do my best to lighten the topic so it doesn't become overwhelming.

Mind-Body Awareness

Much has been written lately about the mind-body connection, and I've seen its effects over and over in my office. It has been said, "What you think about you bring about." People who

have a positive attitude, who are in touch with their “inner being,” and who visualize themselves as healthy will heal faster. If you focus on the result you are seeking, you are far more likely to reach it than if you were to focus on the negative aspects of a condition.

About This Book

This book is not a novel, so it doesn't need to be read from front to back.

While I suggest that you read the front half of this book before you do any of the Julstro™ treatments, they'll still work even if you never get any background information.

The body isn't a nice straight line. It's actually a tangle where one thing affects another thing. Eventually you feel a pain somewhere that may be far away from the source. Whenever I feel it is necessary to go backwards a bit, I'll tell you what you should be reading first. For example, there is one muscle in the low back that can cause pain anywhere from the upper back to the foot! But don't worry. I'll let you know when it's a possibility, and I'll tell you the order of treatments that will give you the best results.

I'll explain how to use the colorful charts as a roadmap to your body. These are the keys to knowing where to press in order to unlock your joints and to relieve pain quickly.

Why Should You Learn How to Treat Yourself?

A quick answer is *quality of life*. You can live on various pain medications yet still have to give up the activities you enjoy because you hurt too much to do them. Pain can even threaten your financial security as you slide into limited productivity or even permanent disability from some repetitive strain injury. The good news is that you can do something about it. That's pretty convincing to me, but let's look even further.

Medical costs are climbing every day, and many people don't have insurance to pay the bills, which leads me to an interesting observation. If your car needs major repairs to keep it running, you wouldn't think to tell your mechanic that you just won't have the work done – at least you wouldn't say it if you didn't want to find yourself stuck someplace with a car that is just a heap of metal. In fact, to save money, you might even consider trying to do some of the repairs yourself. In the same way, self-treatment on your body can lower medical costs. Obviously you do care about your body or you wouldn't be reading this book, and I'm happy to be your “virtual therapist.”

As a massage therapist, I definitely love massage, and I strongly suggest it to everyone. However, I tell my clients that I'd rather have them come in to relax while I teach them how to self-treat the repetitive strains that cause muscles to hurt. Learning how to self-treat the knots that cause pain and limit range of motion can ultimately save you money and certainly make your life less stressful.

How to Use This Book

This is *not* a book for your library. It's a book for every day of your life. It's an easy-to-read "how to" book, so you won't find all of the details as to *why* you are treating a specific area, but you'll immediately see that the pain lessens or even goes away completely.

- Use a highlighter on areas that are important to you. Feel free to write in the white space in the margins and use this book as a workbook where you can store important information regarding your muscles.
- If you'd like a more in-depth explanation, there's a wealth of information in the boxes labeled *More Details*. Reading them will give you a better understanding as to why you are feeling pain, and I've used more technical terms in this section. However, they aren't required in order for you to get instant relief.
- Colorful charts, discussed in Chapter 3, will guide you from where you feel the pain and numbness to where the knot that is the source is located. The text explains how to read the charts. It's easy. The trigger point charts are the maps to finding the source of pain.
- After you locate your area of pain and the trigger point that needs to be treated, go to that treatment and follow the text and pictures. For example, if your pain is in the front of your shoulder but the trigger point is in the upper arm, the treatment will be shown in Chapter 9: The Arms and Hands.
- Each treatment is a standalone and can be done without ever reading one word of background information.
- If you want more in-depth information, Chapter 6: Bits and Pieces for the Curious, has a list of commonly used terms, a list of the muscles discussed in each chapter along with the origination/insertion/action of each muscle, and lots of other information you may like to read.

- **You can also go to www.aboutcts.com and www.Ultimate-Performance.us to find detailed answers to many of your questions.**

Yikes -- A Muscle Name -- In Latin!!!

Sometimes a muscle name will sneak into the text. Don't worry about it. They are just there to connect the treatment to the chart, nothing more. You don't need to remember the muscle name. Some people like to look up the muscle, and they need to know the name. However, it isn't necessary for the vast number of people to know the "why"; they just need to know the "how."

The "Tools" of Julstro™ Self-Treatment

Keep your wallet in your pocket. I've never liked all the expensive gadgets that are sold on the market to treat tight muscles. The electric massagers I've seen feel nice (I'll admit, I haven't seen all of them), but they don't do anything important to the deep muscle fibers. If that ever changes, you'll see it on the shopping cart on www.Ultimate-Performance.us. All you need are:

- **Your elbows**
- **Your knees**
- **Your foot**
- **2 balls**
- **A frozen bottle of water**
- **A length of rope**
- **A clothes closet pole (wooden dowel)**

With one reasonably priced exception, the Backnobber® II (about \$39), there isn't anything I use as a tool that costs more than \$5. Most of the treatments are done with either your own hand/elbow/foot, a 24" x 1½" dowel (clothes closet pole) that you can get at any lumber store for about \$2 per foot, a bottle of water, and a ball.

I've scoured the sporting goods stores, the Internet, and my basement to come up with the right group of balls for every occasion. It was a pretty funny search. I felt like Goldilocks looking for the perfect bed or bowl of porridge. One ball was too soft and one ball was too hard. One ball felt right, but it was so expensive that it made me shudder. Eureka! Finally, after buying doz-

ens of balls of every size and density, I found it. A combination of two balls: one is an everyday tennis ball, and the other, which took the most effort to find, is called the Julstro™ Pink.

You can easily find a tennis ball. You can even take used ones the tennis pros throw away. As for the other, I've made it easy for you. You don't have to go on an expedition. The Julstro™ Pink ball is available on my Web site, www.Ultimate-Performance.us. Believe me, it's well worth the time and effort to not go through all I did in order to gather together the "tools of the trade."

A frozen bottle of water! It's a funny item for a "tool," but it really works great. All you need is one of those one-liter plastic bottles that you buy in the grocery store. Drink up the "good water" and fill it about two-thirds full. Put the top on and freeze it.

You'll need a length of rope to help do the stretches for your hips and hamstrings. You'll get the details of the size of the rope when you read those chapters.

Finally, I'll show you how to use a 24" length of 1½" thick dowel to treat your shoulders, quadriceps, and lower leg.

Once you get the knack of it, you can be creative with any of these "tools." If you create a self-treatment that you really like, please send an e-mail to my office, ideas@ultimate-performance.us, so I can include it in my monthly newsletter. You'll get credit for the treatment, and it's a great feeling to share what you've discovered.

A Few Other Items That Help

Through the years I've discovered a few creams and gels that really help people to release tension sooner and heal sore muscles faster. You don't have to get these creams, and if you do, you don't need to get them from me. However, if you want to save the shopping trip, you can order them on my Web site.



The first is called arnica. Arnica is fantastic for healing bruised muscles and black-and-blue marks. Whether you are bruised because you walked into a piece of furniture or your muscles are sore from playing hours of tennis, arnica will help. Sometimes when a person has been treating a sore muscle, it helps to use arnica after the treatment. Arnica comes as a massage oil or as a gel. Both work the same, but the gel travels better since it's in a tube.



The next is Sombra®, which has an ingredient called capsaicin. Capsaicin goes deeply into the muscle fibers and causes them to relax. I also have some clients who swear by it for relief from arthritis pain. I can't attest to that one, but I have no reason to doubt what they tell me.



Finally, the last is called Biofreeze®. It always amazes me when I see how quickly muscles, mine or my clients', respond to Biofreeze®. The muscles just seem to lengthen and the pain decreases.

Both Sombra® and Biofreeze® just get rubbed onto the muscle before and during your self-treatment. You'll feel them as they absorb. It's an interesting sensation, not unpleasant, but difficult to explain in words. Again, they are worth the time and effort to try.

One major word of caution – DO NOT touch your eyes when you have been using either Sombra® or Biofreeze®. It burns like crazy! That I can personally attest to – it brings tears to my eyes every time it happens.

What is the Backnobber® II?



If your back is hurting, you'll see that I teach you how to self-treat your back and shoulders by using one of the balls, but you need to lie down on the floor. Some people just can't get down on the floor, either for physical reasons or because the boss wouldn't be happy to find them lying around on the job (literally!). I wanted to find something that would enable you to work on yourself while standing up. I searched everywhere (another expedition) until I found the Backnobber® II.

There are other tools on the market that use the same theory, but the thing I like about the Backnobber® II is that it can be broken down into two lightweight and compact pieces, so it fits easily into a gym bag, a briefcase, or a suitcase. I also like that it comes with a nice booklet that demonstrates how to use it. If you'd like, you can order the Backnobber® II on my Web site, www.Ultimate-Performance.us.

A Few Necessary Terms to Help You Out

You don't need to know any of the technical jargon or take a college course in medical terminology (thank heaven), but a few terms will be helpful. There are so few, I'll just put them here for you. Print this page so you can get back to them easily if you need them.

<i>The Word...</i>	<i>The Meaning...</i>
Trigger point	A knot in a muscle
Spasm	Same as trigger point, a knot in the muscle
Cramp	A charley horse, (a spasm is NOT a cramp; they are different)
Referred	When something happens in one place and is felt in another
Contracted	When a muscle is shortened
Origin	The beginning point of a muscle
Insertion	The ending point of a muscle

How This Book is Organized

Treat Yourself to Pain-Free Living is divided into two parts: Basic Information and the list of Julstro™ Treatments. You don't need to read all of the parts, and you don't need to read them in order. Each treatment chapter gives the names of conditions people commonly experience and why they might be caused by tight muscles, and then it shows you how to treat the points.

How to Do the Julstro™ Self-Treatments

You'll get specific details as you read each treatment, but there are a few general points that will help.

- **Unless otherwise told, don't slide on your skin. Did you ever get a rug burn? Sliding on your skin when you are pressing down hard can give that same feeling. Just move back and forth by pressing down and moving until you feel the skin get taut and you need to start sliding. Then move in the opposite direction.**
- **To work on a knot, center your finger, heel, elbow – or other source of pressure such as a ball, a dowel, or the Backnobber II – directly on top of the knot. Push straight down, pressing for about 30 seconds, and then move an inch or so in either direction. Repeat the treatment. Do this several times in different areas immediately surrounding the knot.**
- **To continue treating the same muscle, lift your fingers (or other tool – you'll see what I mean when you read the techniques) and then move to the next spot before pressing down again.**
- **Always keep the pressure at a tolerable level for yourself. This means you should always be able to talk while you're treating a muscle. If you press too deeply, you'll gasp and won't be able to speak.**
- **Gradually increase pressure by bite-sized increments. Find a point, press down until it's mildly uncomfortable, and then every 15 seconds increase the pressure. Keep doing this until you are pressing as hard as you can and it doesn't hurt. The odds are that the knot has untied. You might need to con-**

tinue the treatment by using one of the “tools” that I show with the different treatments.

- Another way of treating the muscle is to grip the entire contraction with your whole hand. Whenever possible, I tell my clients to grab the muscle as if you were grasping a thick cucumber and then squeeze it tightly. If you squeeze and at the same time pull toward the insertion point of the muscle with the intention of lengthening the muscle, you will accomplish flushing and stretching the muscle in one movement.
- Don't press directly into a bone. You are looking to treat the muscles that are on top of or next to the bone. This is most important when you are working on your back. I'm not trying to make anyone into a chiropractor. You'll be able to feel when you're pushing on a bone, so just move.
- Here's a hint: if you find you can't easily glide from one treatment area to the next, put powder on your hands and rub it in. Using oil is not as effective as powder because you will keep slipping as you work deeply on the muscle.

A Few Last Notes...

The left and right sides of your body are mirror images of each other, so the muscles on the left side are also on the right side. Any condition could be happening on either side of your body. Throughout this book I'll be demonstrating some of the techniques on the left side and some of them on the right side, but your personal problem could be occurring on the opposite side that is being demonstrated. No problem – just switch.

As we progress through this book, I'll be demonstrating how to do the Julstro™ Techniques on each muscle. Most of the time the direction is important because you want to lengthen the muscle fibers, but I'll be explaining it with each treatment. I've been teaching people for so many years that you are getting the benefit of that experience. Just read the directions before you give them a try. They're all very easy, and if you go the wrong way it won't be the end of the world. The body is very forgiving. You'll get relief because you are pressing out the toxins that have built up in the muscles.

Try to go as deeply as you can while still staying at a “hurts so good” level of discomfort. I can't say this too many times – *the Julstro™ Treatments are not about how much pain you can stand. Stay within your tolerance level in order to be effective in treating the muscles.*

On to “Understanding Your Body” and then to the Julstro™ Treatments!

Synopsis of Each Chapter

Part One: The Big Picture

Let's start at the beginning: your bones. There isn't too much to know about them that you don't already know. Your skeleton is a place for your muscles to attach, and then the muscles pull on the bones so your body moves through the world. They are the perfect marriage; they both need and support each other.

Consider Part One to be the "Owner's Manual" of your body. This isn't modern medicine in action. It's just logic. It's basic knowledge that will ease the way into...

Chapter 1: Do You Qualify as the Poster Child for Aches and Pains? Why Muscles Cause Pain.

Every day it seems to be something else: your hip hurts, your joints feel like they're rusted shut, you can't turn your head, or you've lost your strength. Life is chipping away at you, and you don't like it one bit. I hear people say, "I must be getting old." Well, forget about that excuse. You aren't getting old. You just have repetitive strain of your muscles, and they are too tight to move. The good news is you can reverse that quickly. The *really* good news is it's easy!

When you read why muscles cause pain, you'll be amazed at how simple it is for the muscles to easily move your body when they are treated properly.

Chapter 2: Muscles. Without Them, We're Just a Big Pile of Bones. How We Move and Other Interesting Info.

You know you have bones, and you know you have muscles. If you're like the majority of people in the world, that's the end of the discussion. Most people don't know a trapezius from a cellar door, and they couldn't care less...until they are in pain. Then the shout comes for **help**. This chapter gives a non-technical overview of how muscles connect to bones, giving you the ability to move. Muscles tie it all together. Without muscles you are just a skeleton hanging on a hook, or a big pile of bones. This is interesting reading, and it will start to explain why you are in pain.

Chapter 3: A Roadmap to the Body. Reading the Trigger Point Charts.

It's this easy: Match the colored "X" with the shaded area, and you've found the source of your pain. That's it! But I'll go into it a little bit more just to give you some examples. Afraid of Latin? Don't try to remember the muscle names. Just look at the colored areas.

Chapter 4: Avoiding Needless Surgery.

WAIT!!! Before you have surgery for a joint pain, read this chapter! Every year hundreds of thousands of people have surgery and they don't need it! This chapter will shock you and make you think twice before you go under the knife.

Chapter 5: A Very Special Muscle Group – The Cause of Pain, Tingling, and Weakness in the Upper Back, Shoulders, Arms, and Hands.

This muscle group is so important it needed its own chapter. This one muscle group gives people a *huge* sigh of relief when I talk about it at conventions, seminars, workshops, and exhibit booths. People don't know it exists, and yet it wreaks havoc from your head to your hands. The widespread areas of pain, numbness, tingling, and burning are amazing.

Chapter 6: Bits and Pieces for the Curious.

Every book has a storage area for lists, and this is the one for *Treat Yourself to Pain-Free Living*. There are lists of muscle names, terms, related Web sites, and books that you may find useful if you want more information, and there is also an index.

Finally, after reading Part One, you'll be ready for...

Part Two:—Breaking Free of the Ties That Bind The Julstro™ Techniques

A picture speaks a thousand words, and this section is filled with them. Easy to read, easy to follow, this is the “meat and potatoes” of *Treat Yourself to Pain-Free Living*, the “how to” of each Julstro™ technique. Part Two is separated into nine chapters that move down your body from your head to your foot. You’ll be able to find the source of your problem by matching the colorful charts from Chapter 3 to the treatments for each painful point.