physiotherapy books, visit our website **www.jaypeebrothers.com,** for detailed information on physiotherapy boo

Moving Pain Away
RiVision®
An Innovative Physical Therapy Method



Rivi Belach Har-El

Foreword
Wen Ling

JAYPEE

Contents

1. **Introduction: The Roots of the RiVision® Method** **1**
2. **The Need to Observe the "Entire Body Manifestation/ Movement" When Treating Chronic Pain** **7**
3. **The Components of RiVision®: Physical Therapy, Dance/Movement Therapy and Guided Imagery** **11**
   - Physical Therapy (PT) *11*
   - Dance/Movement Therapy (DMT) *13*
   - Guided Imagery *14*
4. **The Basic Principles of RiVision®** **17**
   - Guidelines: Tailoring RiVision® to the Patient *18*
   - Five Motion Factors of RiVision® *20*
   - Awareness *21*
   - Grounding *33*
   - Pacing *40*
   - Orienting *46*
   - Muscle Tension *51*
5. **Case Studies: Treatment Goals, Exercises and Outcomes** **61**
   - Case Study # 1—Betty *61*
   - Case Study # 2—Wen *86*
   - Case Study # 3—Cha *103*
   - Case Study # 4—Jane *123*
   - Summary *135*

6. Apply the RiVision® Method **137**

- Finding the "Repetitive Stress Pattern" *137*
- Charting your Responses *138*
- Analyzing the Patient's Responses *141*
- How to Utilize RiVision® *141*

7. Summary **145**

Bibliography *149*

Appendix *151*

Index *165*

Chapter 2

The Need to Observe the "Entire Body Manifestation/Movement" When Treating Chronic Pain

Patients may develop body misalignment, pain and discomfort for various reasons. Through musculoskeletal and biomechanical responses the body holds emotional issues in its muscles and bones. The muscle tension theory, which attempts to explain why mood and pain frequently coexist, suggests that anxiety, which is frequently associated with depression, can elicit increased muscle tension (Chapman, 1990). Tightness and spasm of the soft tissue following pain or trauma lead to a decrease in muscle activity and reduce the range of motion, according to Porterfield and DeRosa (1995).

Muscle tension not only affects musculoskeletal conditions, but may also exacerbate other diseases, such as asthma. Musculoskeletal dysfunction and pain were found in adults with asthma according to Lunardi et al. (2011). The mechanical alterations related to the overload of respiratory muscles observed in adults with persistent asthma might lead to the development of chronic alterations in posture, musculoskeletal dysfunction and pain.

A useful framework is described by Lamb (1981). He offers a movement observation method that emphasizes the relationship between posture-gesture-mergers, personality traits and motivation: "It has been found that everyone has a distinctive pattern of integrated movement which endures throughout life. When observed and matched against a framework, it has come to be known as an Action-Profile," (Lamb, 1981, p. 21). The Action-Profile is an observation method used for studying managerial and work behavior via movements aiming to enhance personal performance and team organizational effectiveness.

The Action-Profile assessment is based upon detailed observation of minute variations in nonverbal behavior, specifically movements. The analysis is concerned with what happens between positions. For

JAYPEE BROTHERS

example, how the arms and legs make the transition from uncrossed/unfolded to crossed/folded. Is the transition being executed with a firm, light, abrupt, cautious, or direct movement quality? The particular quality of the movement indicates that the individual is expending a particular type of energy. For example, "a directing movement indicates the cultivation of focused energy," which generates "investigatory thinking such as probing for information and making distinctions" (Ramsden & Zachrias, 1993). The part of RiVision® that deals with dance/movement therapy (DMT) is derived from four motion factors used by the Action-Profile and will be detailed in Chapter 4 (Weight, Time, Pace and Flow). For more details about the Action-Profile, see Appendix.

Influenced by Action-Profile, I developed a unique approach of analyzing human motion, which I then used to enhance my patients' performance. My patients were referred to physical therapy with complaints of musculoskeletal disorders including neck and back pain. However, my goal was different from an "Action-Profile" consultant. I focused on the characteristic pattern of movement that may have caused their misalignment, dysfunction or pain. More specifically, I related to Moore's (1982) three planes of motion: (1) vertical, (2) sagittal and (3) horizontal. These three planes intersect at the center of the body in different directions (Fig. 2.1):

1. *The door plane* (representing the vertical plane of motion) slices vertically through the body from head to toe, separating the front of the body from the back. The door plane's primary dimension is height; its secondary dimension is width. It extends up and down and to the right and left of the body.
2. *The wheel plane* (representing the sagittal plane of motion) bisects the body along its vertical axis, separating the right side from the left side. Its primary dimension is depth; its secondary dimension is height. It extends in front of and behind the body, and also upward and downward.
3. *The table plane* (representing the horizontal plane of motion) bisects the body at the waist level. Its primary dimension is width; its secondary dimension is depth. It extends to the right and left and in front of and behind the body. It separates the head, chest and arms from the hips and legs (Moore, 1982, p. 69).

JAYPEE BROTHERS

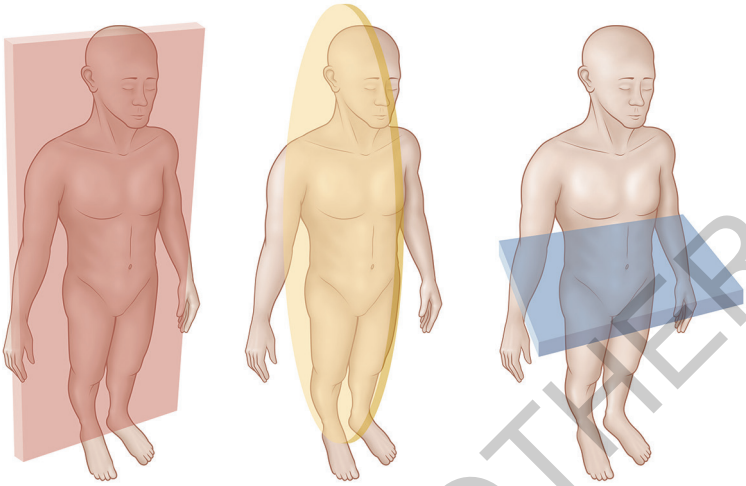

Fig. 2.1: Three planes of motion: Vertical (door), sagittal (wheel), and horizontal (table).

I was interested in finding, for example, what happens to a person who utilizes the up and down spine motion (vertical plane of motion) more than the side-to-side spine motion (horizontal plane of motion). How will that person experience her body compared to someone who utilizes the side-to-side spine motion more than the up and down spine motion? Will the tension in the musculature of the back be distributed differently in the three individuals? Will posture be affected by the difference in spine motion and body mechanics? Why would she prefer to use an up and down motion compared to a side-to-side or back and forth motion? Is she conscious of her movement pattern, and if so, to what degree?

In order to thoroughly evaluate and analyze the complexity of the body disorder/discomfort, I drew from the following elements within physical therapy, DMT, and guided imagery practice. In physical therapy, I related to the patient's range of motion, pain level, posture and function levels. In DMT, I related to the patient's usage of the vertical, horizontal and sagittal planes of motion as well as the general typical pattern of movement. In guided imagery, I related to the images the person described inside and outside her body in relationship to daily encounters with other people and events.

JAYPEE BROTHERS

for detailed information on physiotherapy books, visit our website **www.jaypeebrothers.com,** for detailed inform

Moving Pain Away
RiVision®
An Innovative Physical Therapy Method

Patients suffering from chronic pain often find that physical therapy alone is not enough to relieve their symptoms. Dr. Rivi Har-El's RiVision® method goes beyond the physical manifestation of pain to explore a patient's overall movements and stressors in relation to emotions, repetitive stress patterns, and everyday life. This innovative method integrates physical therapy exercises, dance/movement therapy, and guided imagery for a comprehensive approach to treating pain. This concise guide provides the framework for the RiVision® method along with helpful case studies, which track patients from their first visit through the evolution of their healing process. Interactive exercises are provided that can be used by clinicians along with their patients to help tailor treatment to the individual. Based on 33 years in the field, the RiVision® method is designed to transform the deeper emotional and habitual motion factors influencing chronic pain.

Salient Features

- This work details the unique RiVision® method, which incorporates dance/movement therapy and guided imagery along with traditional physical exercise
- Features detailed case studies, which follow patients throughout the full course of treatment from evaluation to follow-up
- Includes practical exercises which can be utilized by readers as well as practitioners, with space for readers to track their own responses
- Fully illustrated
- Outlines treatment protocols and motion factors critical to understanding the potential underlying causes of chronic pain.



Rivi Belach Har-El PT PhD has over 33 years of experience treating people with chronic pain and musculoskeletal disorders. She is a Clinical Assistant Professor at the State University of New York Downstate Medical Center, where she teaches future therapists how to utilize body-mind awareness and the RiVision® method. Dr. Rivi is the founder of the RiVision® Healing Center in New York.

Available at all medical bookstores
or buy online at www.jaypeebrothers.com

JAYPEE BROTHERS
Medical Publishers (P) Ltd.
www.jaypeebrothers.com
Join us on facebook.com/JaypeeMedicalPublishers

Shelving Recommendation
PHYSICAL THERAPY

ISBN 978-93-86056-06-1