

# **Self-Myofascia Massage Transforms Chronic Pain in Client with Charcot-Marie Tooth (CMT) Disease aka: Hereditary Sensory Motor-Neuropathy (HSMN)**

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## **BACKGROUND**

40 year old male (E.J.) with CMT sought my help for chronic pain, numbness, physical fitness and stress reduction as recommended by his psychiatrist. His three-year Yoga Tune Up® (YTU) Therapy journey is a case study that reveals how deeply effective Self-Myofascia Massage (SMM) techniques can be for a client in his condition. In CMT, peripheral myofascia and sensory nerve wasting renders all associated connective tissues of the distal appendages progressively dysfunctional. CMT patients are encouraged to maintain what movement, muscle strength and flexibility they do have.

## **METHODS**

Twice weekly I educate E.J. how to perform SMM with Yoga Tune Up® Therapy Balls (YTUB) out of necessity; he was adamantly touch averse for the first 2 years of lessons, and the self-massage balls were a safe "hands-off" way to help him locate neglected and under-contacted tissues. He learned specific SMM techniques for every region of his body, and additional massage/strengthening actions for feet and hands. I also taught him comprehensive stretches with frequent use of PNF (proprioceptive neuromuscular facilitation) for his iliopsoas, multifidus, associated spinal myofascia and respiratory diaphragm, to build axial strength, coordination and improve breathing function.

## **RESULTS**

E.J.'s inspiring progress includes overcoming depression, pain medicine (narcotic) addiction, significant weight loss (60 lbs), global functional improvements, complete reversal of numbness and the removal of ankle/foot braces. His progress with incorporating self-massage techniques enabled him to reduce overall pain and reverse myofascia wasting. E.J. awakened newfound proprioceptive facility and is thriving beyond prior expectations.

## **CONCLUSIONS**

SMM can be a crucial addition to a CMT patient's pain-management protocol. With 36 out of 100,000 born with this disease, there are large populations needing SMM education. SMM with YTUB can be utilized by these patients to stimulate myofascia, loosen adhesions and build new awareness of movement. E.J.'s story will motivate the CMT community to think outside the box around this and other degenerative peripheral neuropathy diseases. His MD, Dr. Avrom Gart, Pain Management and Rehabilitation Medical Director, Cedars-Sinai Spine Center encouraged me to share my findings, as he has never seen a turnaround like E.J.'s, "I have seen firsthand how pain and neuromuscular dysfunction can be drastically improved with Yoga Tune Up®. The method sensitively accommodates each individual's personal needs. This is not a cookie cutter approach, but an incredibly intelligent rehabilitative format."

## **DISCLOSURES**

E.J. pays for private lessons and group lessons with me for past three years. He grants permission to share his story and wants to educate others with HSMN about alternatives to manage the disease.