

*Hello S.T./Dystonia sufferer,*

Just a few ideas about using Dr Nelson's S.O.S. with a combination of the two approaches movement and the inhibitory approach. The ST or Dystonia is a "spasm" condition, muscles of the upper neck are held rigid in spasm and or with Tremors. In Osteopathy the upper neck adjusts to everything below it - to allow the head something level to sit on. So we look for structural reasons that cause the upper neck to be unstable and in spasm - usually from lower down at a junction of movement, like where the ribs start and end, as well as locally like the junction of Cranium and neck.

**First**, apply some movement to the shoulder girdle- work down to about the level of the 4th or 5th rib (halfway down your rib cage) **Do this in a sitting position** - watch how I move in the video, **gently** rolling the shoulders finding tender spots across that region and using the S.O.S. to press a little harder into them and relieve those spots of their tightness and tenderness. (Keep shifting your Pelvis towards the FRONT of the chair - slump a little and that will Focus, the S.O.S. more potently)

**Second**, while in the sitting position - with the fingertip ridge **across** the spine (as in the video) - let it work the **lower neck** as well - Rolling the neck **very gently** from side to side to help break up any fibrous muscles and encourage a better range of movement - working up to the top levels of the neck - still in the sitting position.

Roll/rotate the head gently from side to side try some gentle side bending motion and some **gentle flexion, forwards movement** - **Do NOT move the head BACK into Extension as we do not want to pinch the neck - rather, OPEN it out.** Go through ALL the ranges of movement slowly - work out which is the most restricted range of movement! Encourage this a little more than the other directions - **Its all about gaining range of movement** - without aggravating it.

This is where the "**inhibitory**" work comes in - Do the movement work for 15 - 20 minutes at a time only (you can do many sessions in a day - if you don't go too hard in each one) **Then after that you can do the lying down technique** - I personally find that lying **ALONG the couch** (as in video) gives the best result - not the floor - but whatever works for you.

**Place the S.O.S. up under the topmost vertebral level (c1) and just onto the base bone of the skull (occipital bone).** **Get a good sense of Traction just under where the head meets the spine.** A lot of the spasmed upper neck muscles have their "**insertions**" on the occiput - their "**origins**" being on the upper neck vertebra - **All muscles contract towards their origins.** This is how they pull the head over to the side - and with ALL side bending motion, there is rotation as well - *so that is you get the twisted neck.*

For the first few minutes gently move your head around to get the best position (**Try to gain plenty of strong traction effect**) If you push your toes away from you - you can feel this traction force increase and can get a more forceful effect happening (don't worry if it takes a session or two to "**get it**" months after first using the S.O.S. you will still be finding new ways to get at those spots!!!)

Once you have your optimum position - **just relax**, do some deep breathing work and let the muscles of your neck - "**give way**" The neck will **lengthen** and allow the head to slip back, or **sink** over the ridge of the S.O.S.

(Whichever **way round** you have the ridge of fingertips - with Males it is often best to use the S.O.S. the "Other way round" With the palm section of the S.O.S. towards your shoulders - under your neck - as opposed to the palm section being under the base of the head as shown in most photos. The lower picture on the **How to use** page shows this clearly).

Often a "**sigh**" or a sinking feeling is felt after 10 or so minutes in this position and the head will sink or drop back over the ridge a little each time - let this happen - stay for about the 10 - 15 minutes again - occasionally moving to check your position and adjust the traction - do this regularly and you will really understand the process within a couple of weeks. **This is a most important technique to master if you can work at it!** The "**Still Point**" Technique is used by Cranial Osteopaths to encourage a better fluid dynamic in and out of the Cranium - This in turn helps to normalize blood flow and nerve function, Hormonal functions have been shown to be improved with regular use of this technique.

Hope this helps you to use the S.O.S. to its fullest potential - any difficulties at all, just email me. Keep at it!

Kind Regards,  
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