

April 2022 *Flexible Living* with Julie Donnelly

Happy Spring! My friends and family up north told me that it was a loooooog winter, so I'm sure you're all thrilled to have Spring here at last.

Here in Florida, we're still enjoying beautiful weather in the 70's and low 80's, and we're ignoring the thought of the summer coming soon. 😊

New Plans on the Horizon

I'm happy to say that I'm starting to expand my teaching the Julstro Method to massage therapists. I'm travelling up to NY to teach in May, and then off to St. Augustine to teach in June. There will be a lot more of that in the months to come. Plus, I'm back to sharing the news of how muscles cause pain by speaking at various conventions and Association conferences. This month I'm off to the Outer Banks in North Carolina to share my work with court reporters. It's my intention to do a lot more of that in the upcoming months and years.

I know I'm going to need help in the office, but I can only have someone who knows how to do the JMOMT techniques. With that said, I'm also looking for local massage therapists who want to become specialists in the Julstro Method of Osteopathic Muscular Therapy (JMOMT). If you know a massage therapist who wants to expand their toolbox of techniques, please have them call me.

JMOMT Treatment of the Month – Knee Pain

The weather is beautiful here in Sarasota, and it's pretty nice over much of the USA, which brings more people out to enjoy the sports they love. Whether you like running or cycling, or any sport that puts a strain on your knee, you're going to really appreciate this month's newsletter. We're going to be talking about the muscles that put a strain on your knee joint.

The muscle we'll be discussing today is the Rectus Femoris, one of the four quadricep muscles. This is the only "quad" that originates on your pelvis, the other three all originate on your thigh bone. This is why this one muscle is what I call "the keystone of the body."



As you notice in the graphic, as I said it originates on the tip of your pelvis, it then goes down the middle/outside of your thigh and crosses over your kneecap. The muscle then inserts into the front of your shin bone. When you are sitting and you want to stand up, the rectus femoris, along with the other three quadriceps, shorten in order to straighten your leg.

The problem is, there is an entire pelvic situation that happens when you are sitting for an extended period of time, which makes your pelvis rotate *down* in the front. This causes the rectus femoris to be too long to do the job of straightening your leg. The body rectifies that problem by tying a “knot” (spasm) in the middle of the muscle, shortening it so it can straighten your leg.

Then another problem happens because you want to bend your knee to sit down or go up stairs. This causes a strain to be placed on your kneecap as you try to bend your knee. Your body then pulls down again on your pelvis so you can bend your knee, and you get into a negative cycle of bones being strained and the muscle knotting up.

The bottom line is your kneecap is pulled up and you have pain whenever you try to bend your knee.

It’s more complicated than all of that, but too much for a newsletter. If you’re curious, ask me when you come in to the office and I’ll explain all of it to you. Or you can get either *Treat Yourself to Pain-Free Living* or *The Pain-Free Athlete* and read all about each of the muscles that are involved in this situation.

The JMOMT Treatment that Works!



Using a dowel, or a 12”x1” length of PVC pipe, start at the top of your leg and slide, don’t roll, from the top of your leg to just above your kneecap.

After you go over your rectus femoris, and the other quadriceps, then go to the top of any one of the knots. Press down and stay still for 15 seconds.



You can also use the ulnar bone of your forearm, as shown in the picture to the left.

Just press and slide, and then do the same thing and press into each knot to help it release.

Releasing the tension in your quadricep muscles will take the strain off your knee joint. An added benefit of this treatment is it is one of the primary muscles I teach to release low back pain, groin pain, sciatica, and hip pain!

Next Month's Treatment

For May I'm planning on demonstrating what to do if you get a cramp while you are out running, or if it hits you in the middle of the night.

Plus, there's going to be a good-news announcement!

Have a lovely month and enjoy the Spring weather,

Julie