

FMR - Cervical Spine 4.9 Key Points

1. We need to understand the cervical spine's relationship to the head, but just as importantly to the thoracic spine, lumbar spine, pelvis and lower extremities.
2. "It is the neck that can turn the rest of the body"
3. Cervical spine dramatically influences the integrative function of the NeuroMusculoSkeletal system
4. As with all of our FMR techniques, we need to functionally know what drives the system and take advantage of those drivers, in addition to the compliments of our hand, to create the normalized Chain Reaction™
5. Perhaps the most significant drivers of the cervical spine are the eyes
6. The importance of "clearing the thoracic spine" before our FMR approach to the cervical spine
7. The analysis drives the FMR technique and the FMR technique drives the analysis
8. Understanding how Functional Manual Reaction is complimentary to other proven manual approaches
9. "You be messin' with one dimension . . . you be messing with the other two"
10. "Utilization of strategies where you transform the function of the thing into a better thing"
11. "The chicken and the egg" . . . with Functional Manual Reaction the treatment is essentially concurrent throughout the Chain Reaction™ . . . treating the cause, compensations and symptoms
12. The oxymoron "cocky humility" . . . if we don't desire humility then we don't want to be a part of understanding function