

EXCERPT FROM THE STONE THERAPY ADVANCED (Manual II)

A)

I ICED STONE MASSAGE

(SUBSTITUTED ICE CUB)

Conditions:

- Acute tendon or ligament pain or inflammation
- After applying deep friction (control inflammation after the friction)

When combined with range-of motion exercises, ice cold stone massage effective for:

- Rotator-cuff tendonitis
- Tennis elbow (*A painful inflammation of the tissue surrounding the elbow, caused by strain from playing tennis and other sports. Also called lateral humeral epicondylitis*)
- Patellar tendonitis
- Superficial muscle strain
- Plantar fasciitis (*inflammation involving the plantar fascia especially in the area of its attachment to the calcaneus and causing pain under the heel in walking and running*)
- Post exercise soreness

Protocol:

1. Place the stones in freezer for about one to two hours.
2. Test for negative reaction to ice (small amount of ice on oiled skin, examine after few minutes to see abnormalities)
- 3 Dry the area of the skin and apply lubricant
4. Apply terry cloth towel -no skin contact because frostbites might occur. Always apply with the barrier cloth.
5. Wrap the half of the chilled stone in the plastic wrap, and then apply it on desired area for about 1-3 minutes in slow circular strokes. The sensations will be:

- Cold
- Burning
- Aching
- Numb (hyperemia ,reddening of the skin due to abundance of blood, must be present at this point)
- Application longer than 3-5 minutes may cause the frost bytes.

6. Cover the affected area so it will warm on its own.

Caution: Ice massage prior to the exercise strengthens the muscle (e.g. ice massage of elbow also strengthens quadriceps) but there is also a risk of increased injury if existing pain is masked by anesthetic affect of cold treatment.

Disadvantage of ice cub in comparison with iced stone:

- Ice cubs will fall off the joint
- Ice cubs melts quickly
- Ice cubs provides no compression
- Ice cub application last shorter

II COLD STONE MASSAGE

Conditions:

- Prevention of headache when applied on the back of the neck or forehead
- Acute inflammation such as bursitis, sinus congestion toothache, and selling of the broken tooth (back of the neck of face)
- Dizziness (forehead placement)
- In conjunction with various heating modalities and after the heating treatment because it helps to stabilize the heart and avoid excessive build up of the fluids

Prolonged application of the cold (more than 20 minutes) may not produce more skin sensation but increase response in underlying muscles. Brief application of cold will have more superficial effect (tendonitis, bursitis, ligament sprains) while longer application will more affect muscles as a deep, long lasting cold sensation.

Protocol:

Refer to Hot Stone Massage Protocols

Contraindications:

- Cautions to avoid chilling the client
- Refer to contraindications for cold

III CRYOSTRETCH PROTOCOL (Iced to Cold Stone)

Conditions:

Cryostretch is combination of cold application to relieve pain and reduce muscle spasm, and stretching to increase mobility. Ice is applied until cold anesthesia is present, or for about 20 minutes. Then stretching is carried out for as long as numbness lasts, then ice maybe re-applies and stretching recommenced. Cryostretch facilitates stretching after muscle or joint injury.

Protocol:

1. Place the stones in freezer for about half one hour.
2. Test for negative reaction to cold (small amount of cold on oiled skin, examine)
3. Dry the area of the skin and apply lubricant
4. Cold to iced stone massage 10-20 minutes (cold-burning-aching-numbness has to be achieved)
5. Isometric contractions 5 sec
- 6 PAUSE/relaxation
7. Passive Range-Of –Motion to pain threshold
8. Repeat if needed

Caution:

- Refer to iced stone massage

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B)

2.2 PACKS

Hot water packs (fomentations-moist packs) are used for the relief of muscle pains. Hot compress is a pack compressed to the skin with the elastic band. The stone can be used to reinforce compress and add the heat.

Hot compress is made by dipping face cloth into small bowl with a cup of steaming water and 5-6 drops of stimulating essential oil. The water has to be squeezed out and pack applied. Hot compress is used for muscular aches and pains and severe tension.

Cold water packs are effective for insomnia, high temperature, nervous indigestions and wind, headaches, migraines, edema, sore throat, bruises and sprains (sudden or violent twist or wrench of a joint causing the stretching or tearing of ligaments and often rupture of blood vessels with hemorrhage into the tissues; usually marked by swelling, inflammation, hemorrhage, and discoloration). For fever, pack may be changed every five to ten minutes.

For insomnia and nervous indigestion, cold pack can be place on the abdomen.

Cold compress is made from cold water with 5-6 drops of cooling oils wrapped with cold stone and secured with elastic band.

Castor Oil Packs are excellent for improving intestinal functions and stimulating immune system castor oil also helps adrenal glands and bladder.

The Palma Christi-The Palm of Christ-is the name given during the Middle Age to common castor oil plant (*Ricinus Communis*)-nobody knows exactly why. However, the results of the common castor oil pack remain to be surprising and positive and effective in dispelling the diseases. It appears, from the clinical observation, that the castor oil stimulates lymphatic system while at the same time enhances the elimination of toxic substances from the very cell where the castor oil is applied. When inflamed or injured tissue is treated with castor oil, the cellular tissue in that area is capable of releasing toxins more easily, so the inflammation can be controlled or stopped in a more natural manner.

The typical application recommended by Cayce is that of a hot abdominal pack placed over the right side of the abdomen covering the liver, upper small intestines, cecum, and ascending colon. Especially at any beginning of the healing process, abdominal castor oil packs should be used on daily basis along with warm stone abdominal massages with, again, castor oil as a gliding agent. If there would be any problem with digestion, liver, gall bladder, pancreas, arthritis and cancer, castor oil should be exclusively used for the first two to four weeks.

Edgar Cayce died in 1945 leaving a huge body of evidence about therapeutic use of castor oil. There are about 15,000 readings recorded and indexed in the library of the Association for Research and Enlightenment in Virginia Beach, Virginia.

Edgar Cayce's therapeutic model includes change of the diet, frequent massages and packs, internal cleansing and change of the attitude in order to achieve health.

Castor Oil Packs can be applied to weak, swollen and painful body parts (eyes, cataracts, stiff neck, painful back, swollen knee, cysts and tumors, heart). Persistent use of castor oil packs gives excellent results when all other methods will fail.

Epsom-salt Packs are recommended for arthritis, neuritis (inflammation of a nerve or group of nerves, characterized by pain, loss of reflexes, and atrophy of the affected muscles), paralysis, back pain, gastritis, colitis, infections and kidney problems.

Epsom salts is the name originally given to hydrated magnesium sulphate, $MgSO_4 \cdot 7H_2O$. The reasons for the efficient action of Epsom salts were not known until a long time after its discovery, and magnesium as an element was not discovered until nearly a century later. Medical knowledge was, of course limited at that time, so there was correspondingly more scope for waters becoming famous for their curative powers.

Epsom salts are magnesium sulfate. Salts are molecules that bind parts that have opposite electrical charges: Magnesium has a positive charge, and Sulfate has a negative charge. The two elements break apart and separate in a liquid. Epsom salts are available at most local grocers or health food stores, or inexpensively in bulk at agricultural supply stores. The magnesium and sulfate in the salts are absorbed into the body through the skin. Because the sulfur is already in the sulfate form, it does not need to be converted like other forms of sulfur do.

Sulfate is thought to circulate in the body up to about nine hours. Any Epsom salts left on the skin may continue to be absorbed as long as it is still on the skin, offering continuous 'timed-released' input into the bloodstream – like medications given through skin patches. Many people on a typical 'modern' processed diet are very deficient in magnesium as well. Main effects of insufficient magnesium are hyperness, irritability,

anxiety, and muscle twitching or spasms. Magnesium deficiency is also associated with fibromyalgia, chronic fatigue, migraines, and a bunch of other ailments. Supplementing with magnesium has helped many of these conditions in clinical studies. The symptoms of magnesium deficiency are irritability, tantrums, seizures, insomnia, muscle cramps/twitching, hyperactivity and poor digestion among others. Magnesium is needed for proper electrolyte function, over 300 enzyme functions, and calcium absorption.

Epsom salts have to be dissolved in a hot water to make very saturated solutions, soak a cloth in it and apply hot. The pack can be reinforced with hot stone in a form of compress. Also, Epsom salts could be applied on a hot wet cloth and leaved for couple of hours.