

## TRUE CASES

Every few months a four year old girl would wake up in the night with severe stomach pain.

On each occasion she was rushed to hospital but all tests were negative. After a few hours the pain would ease. The BSR assessment showed body stress in the lower rib and diaphragm areas. Questioning the mother revealed that the little girl at times requested iced fruit juice before going to sleep. The problem did not recur as the mother withheld the iced drinks.

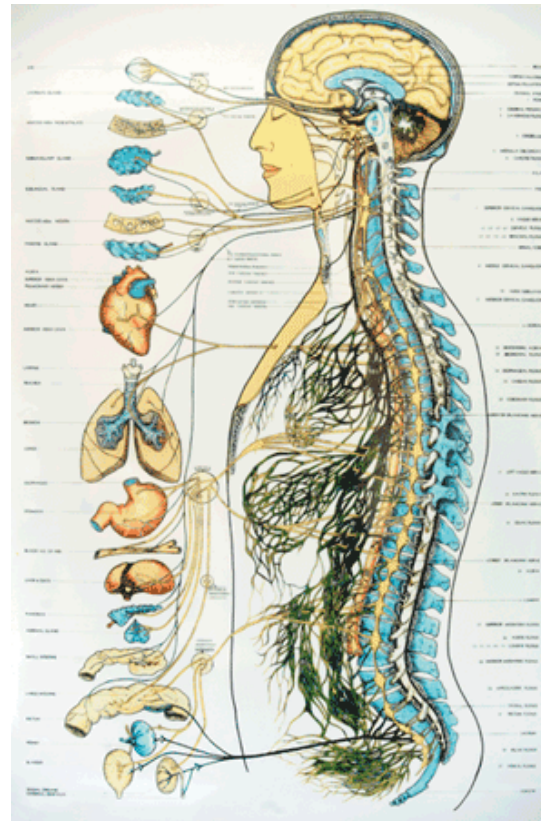
After cutting his lawn with a heavy mower, a 40 year old man experienced sudden severe chest pain and breathlessness. The condition continued for two weeks, although medical tests were all negative. After body stress was released in the sternum and rib area the pain withdrew and did not recur.

After recovering from a bout of bronchitis, a woman in her forties experienced continual upper back and chest pain for 3 weeks. Body stress in the muscles between the ribs was released and all pain withdrew.

## ADVICE TO MINIMISE STRESS TO THE MID AND UPPER BACK

Do not remain working in a hunched or twisted posture for any lengthy period. Take frequent breaks or change position.

In heavy lifting the object should be held close to the body. Do not carry heavy objects without assistance. Avoid foods and drinks which tend to cause indigestion or heartburn, and certain food combinations which cause bloating and pressure in the diaphragm area.



## THE MID AND UPPER BACK



Unlocking tension - Restoring self-healing

## BODY STRESS RELEASE

Stress becomes locked into physical structures when the body fails to adapt to an overload of stress.

Body Stress Release is concerned with assisting the body to release stored tension, thereby allowing it to maximise its in-built ability to maintain and heal itself. The causes of tension may be mechanical, mental/emotional or chemical factors.

**Chris Balaam**

M.B.S.R.A (UK)

01323 842093

07833 765399

[info@chrisbsr.co.uk](mailto:info@chrisbsr.co.uk)

[www.chrisbsr.co.uk](http://www.chrisbsr.co.uk)

## SIDE VIEW OF THE SPINE



Cervical Spine

Thoracic Spine

Lumbar Spine

## STRUCTURES

There are twelve thoracic (or dorsal) vertebrae in this area, with twelve pairs of ribs forming the rib cage which contains the heart and lungs. At the front of the body the upper ten ribs are attached to the sternum or breast bone by means of cartilage. Below the ribs, the large diaphragm muscle has attachments to the sternum, the lower ribs and the vertebrae of the lower spine. The diaphragm is involved in breathing.

At the back, the flat shoulder blade bones are positioned over the ribs. The spinal nerves exit from the spinal cord through openings between vertebrae, and supply the skin and muscles of the back and chest. They also have branches, going internally to the heart and respiratory system.

## CAUSES OF BODY STRESS

The chest and back areas may be strained by working in a hunched or twisted posture, e.g. bending over a sewing machine, doing woodwork, etc. Body stress may be caused by lifting heavy objects or by holding something up for a long time.

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## THE EFFECTS OF BODY STRESS

There may be a mild, nagging ache in the upper back between the shoulder blades, or possibly a persistent itching. The body stress may also manifest as a severe stabbing pain in this area, or in the chest. The pain is worsened by deep breathing.

Body stress in the diaphragm muscle may result in indigestion or heartburn, or a feeling of breathlessness.

Body stress in the mid and upper back may have an impact on the nerve supply to various internal organs, such as heart, lungs, kidney and bladder, and may interfere with normal function.

## FRONT VIEW OF CHEST

