

Get back more mobility with treatment that's free with the art

Its unique and holistic whole-body approach makes Functional Manual Therapy™ truly transformative and patients emerge more mobile, pain-free and confident, explains Foster King

NEERU PILLAI | 48 | Scoliosis

I was suffering with left leg and lower back pain from a herniated disc in my lower back. The pain progressed to include my left leg in what is commonly referred to as "sciatica". I was unable to walk for more than 15 minutes, for more than 2-3 minutes, or walk for more than 5 minutes. I was off bed for 10 days.

The only position in which I got any ease was lying down. Over my posture changed as I was leaning to one side to take the weight off one leg. I tried every medicine and everyone in France—orthopedics, osteopaths, physiotherapists—but no one could do much. Finally, everywhere I went, I would look for a place to sit. Then I read about VARDAN and FMT and decided to go for it.

My MRI findings supported their diagnosis of pain emanating from a herniated disc in my lower back. My FMT therapist advised if I'd had any falls but I could recall nothing except that a couple of times while walking my leg had landed on my buttocks. There had been no pain then, but that injury had displaced, or "jammed" a combination of bones in my pelvis and spine leading to increased stress placed on discs. The herniated disc in effect was the symptom of an underlying mechanical problem. Treatment was directed both at restoring the mobility and stability of the pelvis and spine using FMT techniques.

I was then put onto follow up exercises to strengthen and mobilise my core muscles and to improve the efficiency of my movement patterns.

Now I can do everything again—sit, stand, walk, run... I have a free motion again I can say that thanks to VARDAN I am a free man of my life back.

GALURI METTAL | 39 | Back and hip pain

I have lived with the pain in my lower back for half of my life. I resided in the US and over the years I consulted many doctors, went through every possible investigation and took several treatments but nothing made me better. No one could identify my problem and diagnose why I had this pain. It was because so bad that I could not even stand for any length of time. That meant I had to pretty much sit at home whenever possible.

Then I read an article on VARDAN about someone who had the same symptoms as I had—chronic back, hip and pelvic pain.

From the very first evaluation, I knew this was different. Examination revealed major mechanical dysfunction of the hips and pelvis, including a severe torsion to the sacrum within the right lower abdomen. Treatment of these dysfunction relieved my pain and my sleep thus also began to increase. Further treatments were directed to address the underlying mechanical problem. The treatment which proved to be critical in further reducing my lower back and hip pain.

I have resumed my regular activities and professional work with no further back work or good reduced sessions. The mobilisations done to my joints and soft tissues are maintained through a special home-exercise program that I am following, along with posture medication.

Now after 2 months of FMT, I am 90% better. But it won't be long before I can say I am totally pain free! Nothing happens overnight. No pain no gain!

As the person has access to movement, and facilitate the neuro-muscular system on the foundation, we now established to get on in their lives.

Are Indians different as patients?

There is no huge difference in the problems of patients here and in the US... Pain is universal and people are willing to talk about that. What I have found is that they are willing to take self-responsibility and are hungry for knowledge on how they can fix the problem themselves rather than find someone to fix it.

And are VARDAN's FPMs also no different from their US counterparts?

The Indian therapists at VARDAN started to learn FMT more than two years ago. And they have done all the courses. It is a tremendous accomplishment to have taken all that material, digested it and applied it. The courses are intense & have to be given through many times to really get the nuances.

At VARDAN we give them additional mentorship. As we work through treatments, I see them applying their knowledge again & again, just excited as a mentor as I feel I've harvested them and their working powerful, effective and beneficial!

Foster King is a Fellow of Functional Manual Therapy and a part of VARDAN's Wellness Initiative by the Times Group.

To schedule your appointment, SMS VARDAN to 98888 or for more information log on to www.vardan.in email: vardan@kinesingp.com



“The aim is to change the mechanics so the person has access to movement, and facilitate the neuro-muscular system so that the brain can control the body in its new range of motion.”

Foster King

control movement in that region. So the patient cannot use the muscles needed for rehabilitation. The Johnson, through FMT, has demonstrated that these muscles can be facilitated through specific resistance patterns and by using stronger/more integrated parts of the body. The aim is to change the mechanics

of your muscles, we use a comprehensive educational program that focuses on restoring motor control, which we call CoreFEM™ strategies for posture and movement. Basically, we retrain the brain to be able to use your body more efficiently.

FMT is based on the belief that every person has existing potential that can be tapped to enhance function. And that philosophy can only be applied through the whole-body treatment approach.

That is what sets us apart.

So why should people opt for FMT?

There are other therapeutic interventions but in 8-9 years of experience, I have not been able to find one that is more comprehensive than FMT. Some do joint mobility, others do soft tissue or exercise very well, but to my knowledge only FMT integrates them all seamlessly and effectively.

A lot of the therapy here in India is symptom based: treat the inflammation and turn the spasmodic pain off. Of course, this is necessary to get someone through the initial acute stages of pain. The problem is the underlying condition that led to that pain.

If you don't treat that, then it becomes a repetitive cycle of inflammation on, inflammation off, pain on and pain off. That keeps people dependent on pain medication and symptomatic treatment. Actually, pain also has only 1% of the pain. Then comes restoration of mobility and the rest of the rehab begins.

When a person has pain, the brain comes clearly recognize and therefore

What makes Functional Manual Therapy (FMT) different from other forms of Physical Therapy?
FMT, developed by Gregory and Vicki Johnson of the Institute of Physical APT/USA, looks at the whole person as an integrated unit – not a skeletal structure/anatomical system. Our approach includes mechanical, neuro-muscular and motor control interventions.

Our mechanical treatment addresses the mobility of all the various tissues in the body that can limit function or prevent you from getting into motion, such as joints, muscles, fascia, ligaments, nerves, lymphatics and vascular structures. But, just being mobile does not mean you have better function! You need your muscles to work for it.

FMT's Neuro-muscular treatments generally include very specific hand-diplomacy techniques to achieve proper initiation of a muscular contraction, strength and endurance. You may think your core is firing & your muscles are firing every day but exercise actually does not mean you have better function! You need your muscles to work for it.

The Functional Manual Therapy system ensures that all your muscles are active & strong as needed. And then, there are those patients that we advise both rest for a month. I then read an article on VARDAN and thought I would try FMT.

I didn't understand exactly what they do with their hands, but from the second session I felt my condition showed definite improvement. My back pain became better with correction of my sacrum and lower dysfunction, along with neural tension release; and posture education in sitting, standing and sleeping.

Once combined with the follow-up supervised exercise sessions. Even if the patient occasionally returns, I know exactly what has to be done to manage it. Now, I can take a whole session at VARDAN, build my upper body strength and core & pelvic muscles!

MEENA JAIN | 28 | Cervical Spondylosis

I had cervical spondylosis for three years and had tried just about everything—from physiotherapy to acupuncture. Eventually I aggravated to lumbar spondylosis and I was advised bed rest for a month. I then read an article on VARDAN and thought I would try FMT.

SANJAY SETHI | 49 | Hemiated Disc

I had an acute pain in my neck and left arm, that even painkillers did not help. Life came to a full stop, as I was totally immobilised. I had spinal surgery in my lower back and did not want to undergo surgery again. My doctor saw my MRI and straight away recommended FMT at VARDAN. The herniated disc between the 5th & 6th neck bones was putting pressure on the nerve to my arm. Treatment of my neck and upper back reduced my pain, but it returned often. My FMT therapist further explained into my post medical history to identify the reason. Physiotherapy and analgesic medicine showed a major movement restriction or "scar" that was limiting the mobility of my ribcage. Mobilisation of my "guts" combined with manipulation of my ribcage using FMT techniques proved to be very effective at reducing my pain. The pain is 80% gone. Now, I am able to keep all my neck joints that they have not let me strengthen my muscles, and I know what to do if and when the pain occurs.

RICHA WASH | 56 | Low back pain

I had a problem in my lower back for many years. Whenever I bent down, I would get a catch in my back. I took painkillers, consulted doctors, and went in for the usual physical therapy. There was no improvement. Then I read about VARDAN and decided to try it, to avoid the surgery that was suggested.

It turned out that my standing posture was in lateral extension and this was preventing my symptoms. Treatment started with soft tissue & joint mobilisation to the pelvic girdle and lumbar spine, as well as visceral mobilisation to release fascial restrictions from two abdominal surgeries. This allowed my pelvis to drop and my ribs caught to settle over my pelvis. I was given exercises to help strengthen my core muscles to maintain the posture that they have taught me. If it returns, I know what to do so they have taught me exercises to do it.