

**Powers Chiropractic  
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**Help for Seven Areas**

- Carpal Tunnel
- Tarsal Tunnel
- Hip Pain
- Liver and Colon Stress
- Allergies /Lung

The wrist and the ankle are injured quite frequently and they will give you hand and wrist symptoms (carpal tunnel) and ankle foot symptoms plantar fasciitis /Achilles tendonitis.

Each of the areas, wrist and ankle, have a similar fibrous sheath that goes around the joint. This fibrous sheath is called the Flexor Retinaculum (FR). I treated a patient that hurt their thumb by over extending it, and to fix it I needed to rethink the treatment of the wrist and hand bones. The wrist and ankle have a fibrous sheath (FR) that forms a tunnel for the median nerve (wrist nerve) to go through and the tunnel for the ankle that the foot nerves go through. There is a hand and foot position that can recreate full tunnel space for the wrist and the ankle. I treated the wrist of the person with the sore thumb by spreading the thumb and fingers and taped it with kinesiotape. This treatment helped to get the thumb pain resolved.

The treatment that patients have received is a full body treatment adjusting the spine, pelvis, head, and abdominal organs. This treatment allows for better function of the wrist, ankle, hip, lungs, liver, colon, and less allergies. This protocol allows more oxygen and less carbon dioxide to the body and brain. I have seen better short term memory for vision, auditory, and kinesthetic memory.

This is exciting to find something simple like this that can decrease stress in so many areas. The treatment protocol does help with endurance and metabolism, too.

**Body**

The tunnel of the wrist and ankle has connections to many areas of the body. This whole body treatment, which involves getting help for the weak spots in your ankle or wrist, help to unlock and return to function several other areas of the body.

**Testimonials**

**Case Studies**

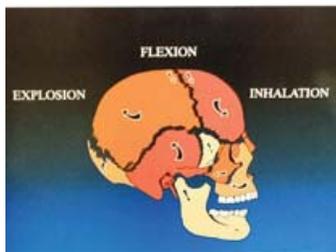
- 40's man had plantar fasciitis for 2 years. Pain improved 50% with part of FR and other SOT procedures in 6 weeks
- 40's woman had thumb pain from stretching her thumb back resolved in few visits
- 40's woman had red hot foot pain from poor circulation. Unable to touch foot or move things with the foot. Had an "autoimmune disease" making her unable to walk on foot, and had a bad sprain. Had a history of lymphoma years prior. Patient has normal-looking circulation in foot now. Patient wasn't able to drive due to the pain and now can use foot on the accelerator and drive. Patient is able to stand on foot now with very little discomfort. Patient received the FR protocol along with some galvanic therapy.
- 50's head trauma at 2 years old, weakness in the left foot since 14 due to tibia fracture. Improved feet



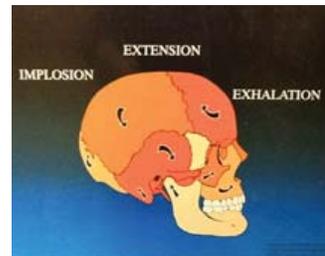
resiliency to the feet and hand, motion improved coordination of the hand and foot . Direction dyslexia - can't remember how to get to a place after being there once. Left wrist improved visual memory.

- 60's woman had neck pain. Had surgery on their neck years ago, had pain in thumbs and on upper arms between the biceps and the triceps. I fixed the one wrist and this corrected the left side. I fixed the ankle and this fixed the right side. Patient had a ganglion cyst on wrist improved 90%.
- 40's man had double hernia over lower abdomen that was corrected, but he still gets pain in same area. He'd had abdominal pain for a few years and by correcting the foot on that side it helped the pain on the same side of the abdomen.
- 82 year old female has wrist pain and ganglion cyst. She received FR treatment protocol and after two months ganglion cyst has improved by 60 percent, so far. Wrist and back pain is better.
- 30's man has allergies, but was fine this summer with the FR treatment.
- 50's woman has allergies from spring to fall. Didn't need to use medication this summer.
- 70's man was on cholesterol medicine for 2 years and developed hip pain. He went off medicine, exercised one hour a day and iced the hip 10 minutes twice a day with SOT FR and took some glucosamine. Hip does not hurt anymore.

All the patients also received various other SOT Chiropractic procedures during the healing of the body. Other cases of ganglion cyst have resolved with treatment.



Inhalation Phase  
(expand)



Exhalation Phase  
(contraction)

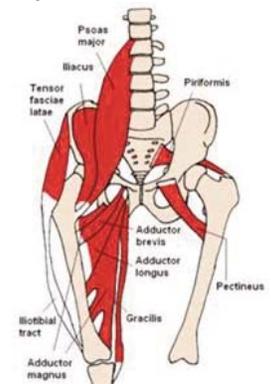
Inhalation / Exhalation side of head is stuck open on one or both sides of head. Can be stuck open (inhalation) with ankle/wrist stress (FR).

The head expands on inhalation and contracts on expiration. In using your wrists and ankles, the Fibrous sheath tunnel impacts the brain motion when it is stretched out and used. The motion of the head gets stuck in inhalation (open) when you have the FR stretched out and you use your wrist or ankle. When the one side of head is stuck open, it cannot contract or exhale and in turn this affects the lungs, kidneys, adrenals, bladder, and hip on the same side. The wrist ankle tunnel impacts the lung-heart cavity and the brain function. The brain moves more when your lungs move fully.

The tunnel of the wrist and ankle have connections to many areas of the body. I would like to explain how the different areas of the body are connected...For the ankles and the wrist: when you use a wrist or ankle that the (FR) has been stretched, it stresses the liver, colon muscles and fascia on one side in the hands and the other side in the feet.

Hip Pain 3: important muscles for the hip, they have less stress psoas (kidney), piriformis (uterus prostrate), and tensor fascia lata (colon) muscle. These muscles all help hold the hip in the socket. The psoas muscle is neurologically connected to the kidney. The piriformis is connected to the uterus prostrate. The tensor fascia lata muscle is connected to the large intestine.

Allergies: adrenal glands are less stressed when the kidney is less stressed. When the lungs work good, the carbon dioxide is exchanged and then there is room for the new oxygen coming in.



**ALL MUSCLES TOGETHER**  
Picture of muscles  
impacting the hip

## Conclusion

The treatment helps with plantar fasciitis/Achilles tendonitis, carpal tunnel, hip stiffness/pain, allergies, and short-term memory improvement. Some improvement for vision, auditory, and kinesthetic. This treatment can be done for the upper and lower extremities in 3 weeks. There are 4 different treatments in the protocol. 1) treat the Fibrous Sheath (FR) around the ankles and the wrist 2) cranial pelvic adjustment for endurance 3) Category I for metabolism and sleep 4) Category II that improves liver, pancreas and adrenal function. This last part (4) stabilizes the protocol. Call for appointment or for further information: 715-341-7102.