

Velcresion Therapy™

This new therapy (established since 1993) is a body, limb and spinal re-alignment program, designed to combat health problems found to be derived from continual round shoulder-bent elbow activity you are subjecting your body to daily in our modern-day society lifestyle.

Velcresion Therapy™ is different!

It sets criteria for a **Visual Appearance Standard** checklist you can see in the mirror and which you need to **retain, maintain** or try to **regain** for *good health*.

The treatment includes new methods of massage which disburse tissue adhesions which I have called Velcresions™ because they adhere like velcro.

A particular sequence of Velcresions™ at key locations have to be loosened simultaneously to enable a particular arm movement, also unique to this therapy, to relocate the arms to the correct position in the rotator cuffs. This straightens the shoulder line.

Ongoing research and results have proven that correcting the position of the shoulders using Velcresion Therapy™ enables the fast treatment of spinal and postural mis-alignment, muscular and joint problems, fascia adherence, chronic pain and tension of all types.

Further Velcresion Therapy™ can now re-tune muscles and mobilise joints; re-model the body shape; increases lost height; streamlines the torso; adjusts spinal imperfections; straightens rounded shoulders; expands the chest; uplifts the breasts; eliminates creases around the body; elongates the neck and smoothes out wrinkles and deep lines. General well-being and motivation return; stress, memory loss, irritability and depression recede.

Welcome to



Velcresion Therapy™

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- **Velcresion Therapy™**
- **Postural Re-alignment**
- **Joint Mobility**
- **Remedial Massage**
- **Reflexology**
- **Acupressure**
- **Relaxation Massage**

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Velcresion Therapy™ 15 second Daily Maintenance Program

After any action which is repetitive for more than 4 hours, including sleeping, 8 particular 'rip' stretches are a must to stop adhesive processes named Velcresions™ from forming. When the arms are in the correct location the upper torso weightload is evenly distributed over the pelvis, hips, knees and feet.

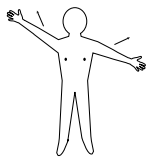


1. Back Stroke

Palm of hand must face and pass ear before turning and a small click must be heard.

Reason

Rotates arm bone to correct place in shoulder socket and lubricates joint. Must be done daily and after repetitive bent-elbow activity.



2. Diagonal

Inside of arm and palms must face front - stretch arms backwards.

Reason

To stretch against curled up position as in sleeping and round-shouldered activity.



3. Hug

Stretching muscles between shoulder blades.

Reason

Muscles between shoulder blades adhere, the hug keeps the fibres stretched apart.



4. Chest Stretch

Both arms in backward rotation. Grab hold of hands, behind back, stretch, plus big yawn - unlocks jaw line.

Reason

Stretches the front muscles open to expand chest and ribs: stopping compression on vital organs. To be done after sitting, driving, sewing, computing, falling asleep in chair.



5. Arm Stretch - to the ceiling

Reason

Expands ribs and stops Velcresions© forming and changing spinal alignment (scoliosis).



6. Arm Stretch - to the floor

Reason

Important to keep triangles even and large for blood flow to the brain.



8. Straight Foot Squat

Heels flat on floor

Reason

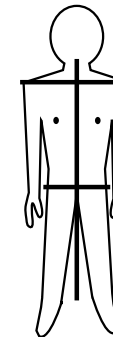
Elongates leg muscles for knee and ankle alignment.

NOTE: Velcresions™ do not unstick with exercise, only warm up if shoulders and arms are incorrectly positioned in socket

Visual Appearance Standard

This is depicted by a straight clavicle, even shoulders and trapezius triangles and arms alongside an even torso and level pelvis with palms of the hands against the middle of the side of the thigh. Anything less - "you are out of alignment and into old age."

Correct Postural Alignment



Start Position for Exercises

- Straight Clavicle
- Even Triangles
- Arms alongside Body
- Palms to side of Thigh

Look in the mirror!

Incorrect Postural Alignment



"Paddle Walker"

- Uneven Shoulders
- Uneven size Triangles
- Uneven Clavicle
- Uneven Arm length
- Arms and Hands rotated
- Uneven Torso length
- Uneven Pelvis

When mis-alignment is visible:

- Creases will start
- 'Old Age Posture' begins
- Incorrect Spinal Curvatures occur
- Muscular and Joint Mobility decrease