



CANADIAN SPORT MASSAGE
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MASSOTHÉRAPEUTES DU SPORT

The Role of the Kidney in Pelvic Dysfunction among Athletes

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Today we explored the role of the Viscera in Musculoskeletal injuries, in particular the pelvis. Thanks to extensive participation from all, we revisited SI injuries - Upslips, rotations and in/out flares, and their respective signs & symptoms. Ordinarily, SI conditions in the sport medicine environment are a function of trauma and the mechanics of various sports. However, sometimes it's a result of neurological involvement when facilitated spinal segments play a role in affecting the musculature, and hence the pelvis and sacrum. However, when correction of all these elements does not achieve long term resolution, there may be a visceral component - in particular the kidney. We discussed this in detail, then reviewed & implemented kidney release. Kudos, to all who attended. We shifted our therapy paradigm to the intuitive; participants got a chance to feel the body change at a very subtle but ultimately dramatic level. Everyone was pumped by what we explored & is ready & looking forward to using this in their practice.



Members present from left to right:

Michelle Noorenberghe – Member
Yithursan Yugajeva – Student Member
Gillian Samuel - ONT Chapter President
Jon Maister – Member
Mike Grafstein – ONT Chapter Treasurer
Lisa Chang – not present in picture.



Michelle, trying technique on Yithursan.



Mike, trying technique on Lisa.