

THE STARS
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Keeping your spine properly aligned

ISOGAI Dynamic Therapy (IDT), also known as the "Binding Legs Technique", emphasises the usage of Isogai Alignment Belts to bind both legs for dynamic balances of human structure, where the spine is in its correct position in the spinal column.

The technique was discovered in the 1950s by the renowned Japanese osteopath Dr Kimiyoshi Isogai.

He has written over 200 books on IDT, explaining the importance of keeping the human spine in proper alignment.

As part of the central nervous system, the spinal cord passes through the spine together with major nerve supplies.

Any change in the spine's position will impede the nerves and affect the body's natural mechanism process.

Incorrect habits such as crossing legs, slouching and slumping while sitting, hunching and rounding up shoulder would lead to leg length discrepancies and uneven pelvis, which will eventually result in a distorted spine.

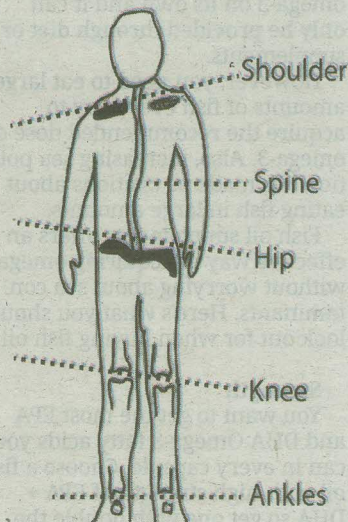
A discrepancy in leg length forces a side of the pelvis to lift higher to accommodate the longer leg and this position will lead to the spine tilting.

Meanwhile, the pelvis acts as a firm base holding the spine upright and allow full flexibility for the spine to move according to their centre of balance.

If the pelvis is uneven, it is natural that the spine will tilt in a certain direction as a compromise.

This will result in bending of the spine from its natural curvature and cause uneven compression surrounding the spine, which in return causes discomfort.

Muscles, ligaments and tendons will be consistently tensed, resulting in muscular skeletal disorder (MSD), commonly known as neck and back discomfort.



Misalignment of body structure is a major cause of neck and back pain.

IDT is a self-managed therapy for neck and back pain.

Users will be guided to practise a series of correct physical movements by binding their legs followed by correctly using the Isogai tools such as the MOB Back Healer that works with the Isogai Alignment Belts for back and leg problems, the MOB Neck Healer that works with the Isogai Alignment Belts for neck and shoulder problem and the MOB Knees And Legs Therapeutic Bench for knee and leg problems.

IDT is well known in Japan and Taiwan, and has been accepted for over 60 years.

Its success is attributed to its practical, effective and safe technique which everyone can practise daily.

IDT in Malaysia is promoted through public seminars and users are given training to acquire the know-how.

■ For more information, visit www.neckandbackpain.my or call 016-947 3065.