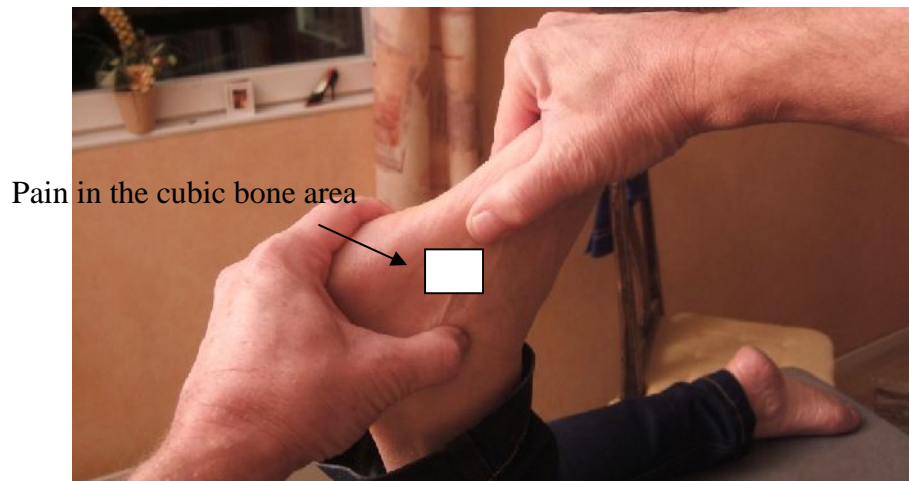


Hellbergs ligament theory - HLT

The difference between Lock-foot syndrome and HLT

Lock-foot syndrome: This is a faulty function in the feet, which may generate, or rather, does generate an unbalance and skewness in the rest of the body. The whole idea is that the cubic bone (Os cuboideum) which is situated on the outer side of the foot, is dispositioned and can be treated in to place with manipulation.



The concept Lock-foot syndrome is a Norwegian finding, discovered by the dentist Kjell Bjorner, who saw the connection between a tension in the jaw and a locked position of the foot. He has concluded that this connection is the most common source of neurological disturbances in the body and affects a wealth of issues all the way from head to feet. For example, if the cubic bone in the right foot is locked in a faulty position, this will first and foremost affect the left jaw joint. Nowadays, the list of LFS is long, with many and varied symptoms added.

Introduction of Ortho Bionomy

In the 80's, I started to work with an ingenious therapy called Ortho Bionomy. This method is the opposite of treatments made with manipulation. It was discovered actually by accident in the 60's by a Doctor of Osteopathy, Dr. Lawrence H Jones. The method is completely free of any persistent or forced manipulation and aims to reprogram the brain to let go of any tension or disposition in the body. What is used in this method is the ongoing neurological signaling between the brain and the various joint- and muscle sensors (proprioceptors). When a fall or accident happens, the brain automatically creates a protection for the affected body parts, neurologically locking them in a position so that the injury is not worsened. Accordingly, the brain is also locked in a certain pattern and refuses to let go. You can try to stretch and manipulate, but as long as the locking signal from the brain is active, the body part will be pulled back in a locked position and so the tension is built up again. However, there is a key which fits in the lock that releases the neurological signal between the brain and the body – and that key is Ortho Bionomy.

In our daily life, we build vitality, movement and health by stretching a muscle or the whole body, by yawning and various exercises. The list of energetic body movements is long.

Despite these daily and multiple movements, the brain is persistent in keeping any lock caused by a quick and surprising change of position, such as a fall. Sometimes a faulty locking pattern like this has remained with us since childhood – like all those times when we fell and almost got ourselves permanently damaged. Ortho Bionomy is like a reset button, which is able to go back in time and resolve this faulty signal from the brain. Thus the neuro-muscular systems are released as well and the body can return to a normal position as far possible, in the individual case. What is meant by that? During a life time, many faulty positions create a deformation in the affected area. It is possible to reduce or fully relieve pain even in desperate cases - even though the body of the young person is not quite recreated.

HLT

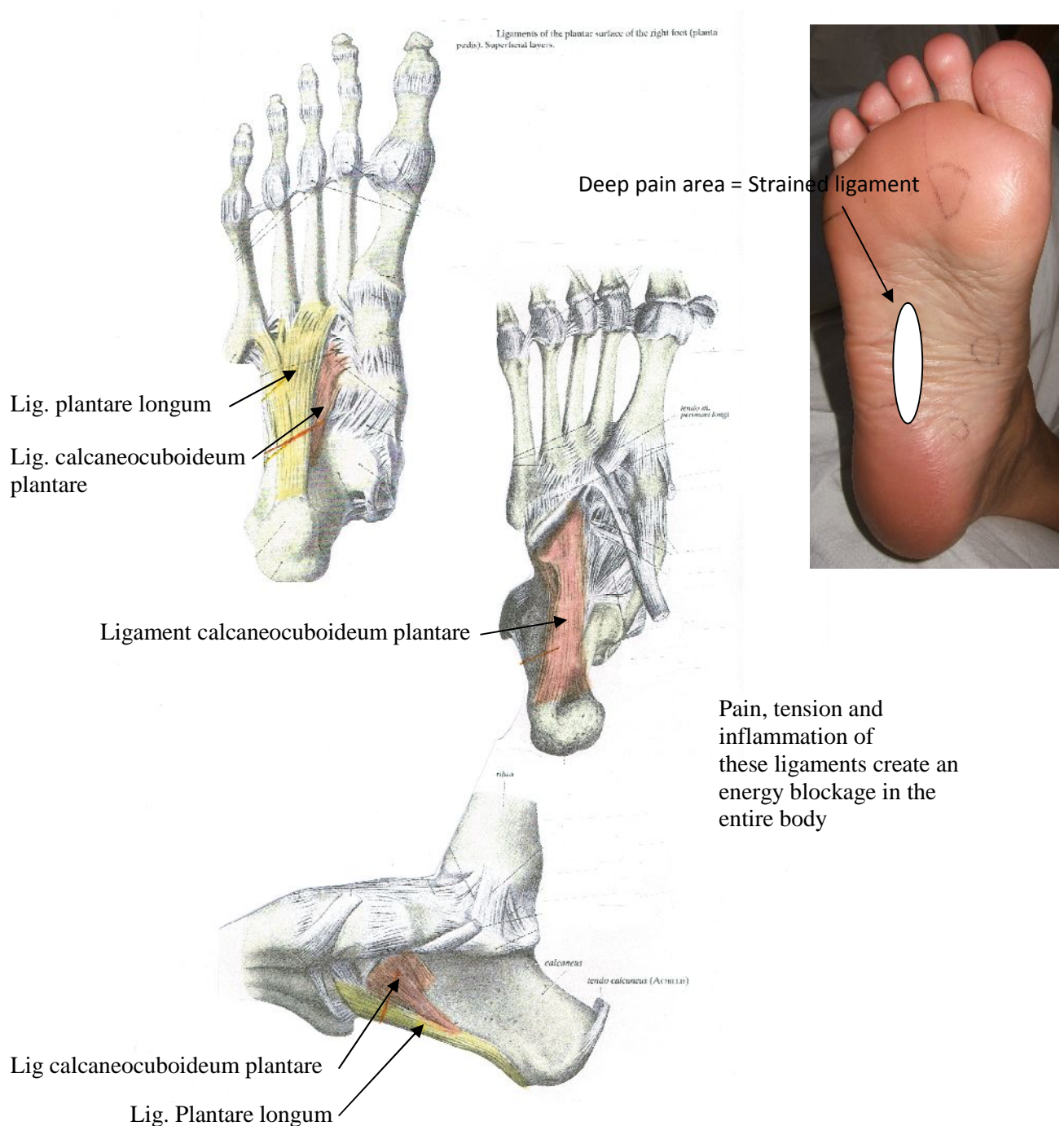
After many years of experimenting with Ortho Bionomy in the feet and lower legs, I have come to a great breakthrough in the foot related Ortho Bionomy. I have named it HLT, that is: Hellbergs (Foot) Ligament Theory.

In contrast to the findings of the Lock foot syndrome, the HLT theory does NOT assume that the cubic bone is pushed out of position by itself, or simply by a circumstance of outer force. //Rather, the disposition of the cubic bone is a quite natural consequence due to an unbalance in a set of ligaments in the feet.

Let me explain the chain of thoughts for this theory.

There is one deeply set ligament in the inner ceiling of the foot: **Ligament Calcaneocuboideum plantare**. Together with the **ligament Plantare Longum**, these two ligaments both directly affect the position of the cuboid bone. When Ortho Bionomy is applied to these ligaments, there will be a very strong physical reaction. A common result for example, is an *instant* normalization of a 2-3 cm leg length difference. In addition, this will start a Deep and lengthy process for the treated person, where a very large amount of both mental, emotional and physical energy is released over time.

The key that opens the door is ortho-bionomy



But let me start at the beginning. The first and basic task when working with Ortho Bionomy is to balance the pelvis in a stable and straight position, so that the spine will have all the support needed – without having to compensate any unbalance with tensions that affect the rest of the body in a harmful way.

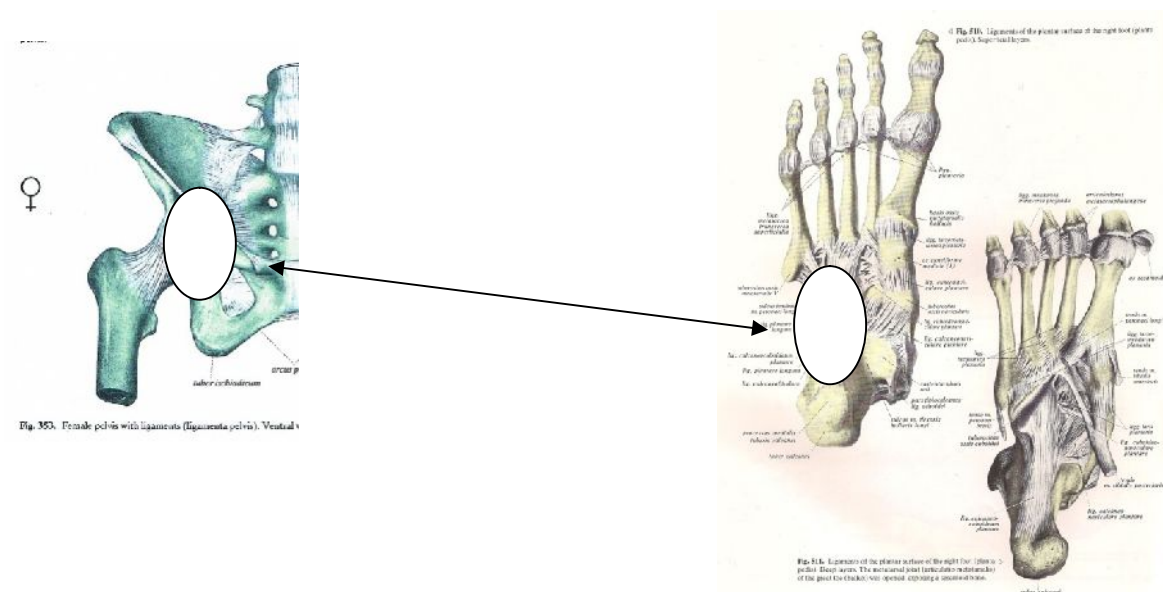
At first, I created a method in Ortho Bionomy where only a few actions would stabilize the pelvis in a straight position with a *durable* result. However, in some patients the results were more difficult to achieve. The question I asked myself was why? At this point I really started to make use of Ortho Bionomy to explore the main foundation which supports it all – of course, the feet! Naturally, these marvels of nature's ingenuity are obvious for a reflexologist.

After two years of work and explorations of the feet, I found the answer to the unbalanced pelvis in these two ligaments. They are located just underneath the metatarsal bones, in the vaulted inner ceiling - so to say - of the foot. The ligaments' main task is to support the metatarsal bones. A persistent unbalance in the pelvis would thus be connected to tensions in these two ligaments in the feet, which, in turn, would displace the cubic bone.

During a lifetime, on a daily basis, these two ligaments are subject to great demands by the gravitational pull and the weight of the body. Therefore, in addition to treating the ligaments, I also treat the plantar muscles, which support the foot itself, with a few easy actions of Ortho bionomy. Let me also add that HLT is very effective when treating plantar fasciitis, or runners' heel

When looking at HLT from the perspective of Reflexology, there is an obvious connection between the foot and the pelvis. These two ligaments in the foot are situated exactly on the reflexological zones for the sacroiliac bone, the sacroiliac joints and the pelvis.

Reflexological similarities- pelvis sacro iliaca joint



A stagnated heel area is a huge hold back for our willpower and our power of action. When the circulation and the flow in the heel are opened, some peculiar things will happen. Persons who are caught for example in grief or conflict; suddenly cease their day with renewed strength. The unconscious mindset is elevated into awareness and may be processed. Here the old story about the warrior Achilles comes to mind, he who only was vulnerable in the heel. The story is most likely containing old knowledge about basic life energies. I would like to state that the heel and everything connected to it, actually is *the key of life*, obscured as it is from our most obvious viewpoint. It's just a too simple answer. Like always when the established science is lost in the labyrinths of modern thought.

In the Chinese medicine, the great water channels are passing in the heel area. The channel of the kidneys' gives fundamental support to the lower part of the spine and is keeping our energies in store, with help from the adrenal glands and the genitalia. The skeleton is also involved in this process, since it's our only solid crystalline structure that can store both minerals and energy.

The other water channel is the bladder, which stands for our posture and appearance, and which affects us all the way to the crown of the head. Please note, that a lock in the sacroiliac joints or a rotated, awry pelvis is affecting the energy all along the Meridian of the bladder, including the sympathetic nervous system, which is in contact with all the inner organs. This is so neatly illustrated in the concept **“watering the flower”** and in the acupuncture points Bladder 60 and Kidney 3.



Heel area, blocked and locked

Open energetic circulation in the heel

To conclude the importance of the heel, I want to point out that HLT affects the balancing of the yin energy (parasympathetic/healing/rest) with the yang energy (sympathetic/stress/activity), which both in turn are situated in the heel area. The two acupuncture points Bladder 62 and Kidney 6 – located underneath the inner and outer malleous - show the way and are used in acupuncture for treating for example abnormal stress and insomnia. When HLT is done, the patient often has trouble staying awake, since the treatment is so relaxing. It is also common that the blood pressure lowers. HLT and/or acupuncture on the points B 62 and K 6 actually has replaced the traditional treatment of Solar Plexus in our practice.

Other indications that may occur when working with HLT

A correction of the pelvis. A normalization of a leg length difference.

Foot- knee- and hip problems are healed

Pain, inflammation and swelling is positively affected as well as

Any conceivable back problem

Shoulder blade- and arm problems

Disorders in the organs of the senses – as well as tinnitus and other hearing problems, usually in combination with neck and jaw tensions

Vision problems: various refractive disorders and also undetected cross-eyed vision, which may cause neurological disorders, often one-sided.

Childless couples almost always both have a leg length difference.

The atlas vertebrae corrects itself automatically! Now days many therapists start with correcting atlas in order to also correct other parts of the body. We do the opposite – we start with treating the basic foundation, the feet!

However, there is an exception: I will call it the neck syndrome or Nervus vagus/nervus prenicus syndrome, which I also would like to address today. This is an issue that both traditional- and alternative medicine tends to miss, since the symptoms are somewhat peculiar.

Now I will explain in short how the method Ortho Bionomy works.

The set of rules are few and easy when working with Ortho Bionomy.

The first rule is that a tense, inflamed and/or painful muscle (or ligament) ALWAYS accepts to be compressed. That is to say, pushed together without resistance or pain.

Since a tense muscle will twist the body part at hand from its normal position, the idea is to exaggerate the faulty position. If a person enters with feet like Charlie Chaplin, you will need to exaggerate the outward rotation of the foot and leg even more in the therapeutic position you are holding.

If you would rotate the body part in the other direction, that is, pull or stretch the tense muscle, the immediate reaction is resistance and pain.

When rotating a body part the right way, it is important to halt the rotation right where the joint has a natural stop. The patient should not feel any pain or tension. At this point you will hold the exaggerated position locked for at least 90 seconds.

The person treated may not help at all and must try to stay as relaxed as possible, both physically and mentally. Therefore complete silence is suggested, since talking might disturb the reprogramming of the brain, which will release the pattern of tension.

When 90 seconds are passed, you will release the position extremely slowly and cautiously. You may at this point directly make a cautious test, to see if the reprogramming is successful. This is done by small movements of the body part to see if the pain and tension are gone.

In Traditional Chinese medicine the organ responsible for the supple condition of tendons and ligaments, is the *liver*. Every reflexologist knows that the liver is a very important organ to treat. Therefore treatment of the liver is an important part of Hellbergs Ligament Theory – HLT. As you know, the liver is exposed to large amounts of chemicals from the food, but most of all exposure from various drugs. This affects the overall condition of the liver and therefore also affects the condition and suppleness of the ligaments.

Henrik Hellberg