The successful iPhone and iPad Application for Ostealign is no longer available from the iTunes Store. This volume is its replacement, featuring the same text and graphics in a printable form. Containing the basic NARESS (Neurological and Anatomical Response to External Skin Stimulation) technology for non-manipulative, non-judgemental and painless re-alignment of the pelvis, spinal column and shoulder girdle, it will enable you to address/correct simple misalignments.

Because it is an internal process within the nervous system of your subject and controlled entirely by their brain, applied correctly it cannot cause any damage or exacerbate the existing misalignment.

IT IS NOT designed for use with complex situations such as:-
Damaged intervertebral discs (herniated, prolapsed, bulged or supposedly 'slipped')
Post surgical intervention (with or without instrumentation)
Congenital or Genetic defects
Severe Osteoarthritis or Rheumatoid Arthritis
Ankylosing spondylosis
Post Arthroplasty (artificial joint replacement in lower limbs)

So here it is - the App that you can print out, put in a folder or binder and place on your subject as you begin treatment.

Do not skip any step as the treatment will be less effective.

This volume is provided as information only.

The author takes NO RESPONSIBILITY for the practical use of the information provided herein.
Ostealign Explained

INTRODUCTION
Ostealign is a 'hands-on', non-invasive spinal alignment treatment.

The treatment stimulates a purely physiological reaction that occurs within your body as the result of touching neurologically sensitive areas.

Your muscles then react to create the correct alignment as determined by your own internal system without application of any external force.

TREATMENT OVERVIEW
The treatment is done in 5 sections, with most sections containing multiple steps.

1. Pelvic girdle
2. Sacral ridge
3. Spine
4. Shoulders
5. Disc space

Apply the treatment in the prescribed order for the best outcome. The more practice you have, the more comfortable and confident you will become with applying the treatment.
Preparation
What do I need?

You will need:

The 3 middle fingers of each hand.

A flat surface at a height comfortable for the person doing the treatment - eg the dining room table or other suitable alternative.

2 firm pillows or towels. If you don’t have either of these available, improvise by using a jumper or blanket or similar.
Before you begin

You'll need a flat surface at a height comfortable for the therapist.

Lay the subject flat and straight on their stomach with arms raised over head.

Place a pillow or towel underneath their forehead, and one under their ankles to keep them straight and comfortable.

Make sure they're relaxed...
Technique

Use the pads of the middle three fingers of both hands to apply a light pressure to each of the areas.

The reactive areas on your subject are about 3 cm (1 inch) in diameter.

Only a soft pressure is required - just enough so the pink of your fingernails begins to turn white. If you practiced the pressure using ripe stone fruit (eg apricots or peaches), you’d only apply enough so as not to leave a mark or a bruise on the fruit.
What will I feel?

Under one, or all of your fingers, you should feel a slight pulsation, tingling or a build up of heat on one or both sides of the body.

Keep your fingers in place until you feel the reaction.

If you're unsure of your placement, or can't feel the reaction, move your fingers around to cover more of the general area.

You may not find all the areas at your first attempt. Don't panic, but proceed slowly. It will get more familiar with practice.
The Pelvic Girdle
The first series of reactive areas are around the outer margins of the pelvis. Using the pads of the middle three fingers of both hands, begin on the upper surface of the protruding top of the femur (thigh bone).

Place fingers here

Place fingers here
The Pelvic Girdle

Using the pads of the middle three fingers of both hands, begin at the area on the top of the protruding top of the femur (high bone).

This area is in line with the side seam of trousers.
Using the pads of the middle three fingers of both hands, move your hands to the upper edge of the pelvis (hips).
The Pelvic Girdle

Using the pads of the middle three fingers of both hands, move to the area on the upper edge of the pelvis (hips).

For men, this area is just below the 'belt line' (lower than the waist line).

For ladies this area is about 3 fingers, 5cms or 2 inches lower than the 'belt line'.
The Pelvic Girdle

Using the pads of the middle three fingers of both hands, move your hands to half way across the top rim of the pelvis.
The Pelvic Girdle

Using the pads of the middle three fingers of both hands, move to the area half way across the top rim of the pelvis.

This area is at the same 'belt line' as the previous area but is at about the mid point between the hip and the spine.
The Sacral Ridge
The Sacral Ridge

This next part of the treatment is a series of reactive areas along the outer ridge of the sacro-lilac joint in the pelvis itself.

Move your fingers to the area just above each side of the ‘tail bone’ or coccyx.

Warn your subject that you are going to touch what might be considered a sensitive area.
Move your fingers to the area just above each side of the 'tail bone' or coccyx. This area is on either side, just above the intergluteal cleft (the groove running between the buttocks).
The Sacral Ridge

Move your fingers halfway up the 'belt line', following the bony ridge you can feel going up at a diverging angle.
The Sacral Ridge

Move your fingers halfway up the 'belt line', following the bony ridge you can feel going up at a diverging angle.
The last area in this series is just below the "belt line" on each side, slightly lower down and wider than the final area in the pelvic girdle series you've already completed.
The Sacral Ridge

This area is just below the ‘belt line’ on each side, slightly lower down and wider than the final area in the pelvic girdle series you’ve already completed.
The Spinal Column
The Spinal Column

This next part of the treatment is a series of reactive areas along the spinal column which extends for the top edge of the sacrum to the base of the skull.

All areas are in the spaces between the bones, where the disks are.

The first ones are about 5cm apart, up against the top bony edge of the sacrum. You can locate them by sliding your fingertips up over the ‘wings’ on each side of the vertebrae, and between the ribs as you go higher.

The neck areas are in the muscular ‘groove’ on each side of the neck, but has no ‘wing’ bits to help guide you.

The last set of areas is right under the hard edge of the skull.
The Spinal Column

Move your fingers along either side of the spine, pausing to trigger the reaction.

The first area is at the base of the sacrum, just below the ‘belt line’ and close to the spine.

Keep moving up the spine, triggering the areas between the bones, through the neck area and finally the last areas under the hard edge of the skull.

The last couple of areas are typically above the hairline, so keep going until you feel the skull with your middle finger.
This next series focuses on the shoulders, starting with the lowest area of the shoulder blade.
The Shoulders

Move your fingers to the lowest area of the shoulder blade.

If your subject has their arms raised above their head, this area will be closer to the side of their body.

Feel for the outer rounded lowest edge of the bone.

It may be easier to identify if you ask the subject to move their arms up and down slightly, allowing you to feel the shoulder blade moving.

Remember to explore and feel for this ‘vee’ if you’re unsure of the placement.
The next area is up under the top edge of the blade where it sticks out to hold the arm bone.
Move your fingers up under the top edge of the blade where it sticks out to hold the arm bone. This area is close to where the underarm begins.
The Shoulders

The next area is in the 'vee' formed by the collar bone.
The Shoulders

Move your fingers to the 'vee' formed by the collar bone coming up from the front, where the shoulder meets it from behind.

Remember to explore and feel for this 'vee' if you're unsure of the placement.
The final area in this series is the round top corner of the shoulder blade.
The Shoulders

Move your fingers to the round top corner of shoulder blade on the edge nearest to the spine.

If you can feel the trapezius muscle, you are up too high on the shoulder.

This area is further down than the start of the neck - virtually horizontal to the previous area.
Disc Separation
Disc Separation

The final step allows the disc spaces to separate without forcing them apart.
Disc Separation

At the same time, place the other hand flat on the top of the sacrum at the base of the spine and apply a very gentle pressure toward the subject’s feet.

Keep both hands in place for several moments.
Disc Separation

Using the hand closest to the subject's head, close all fingers together and extend the thumb from the hand.

Place this hand under the base of the skull and apply very gently pressure toward the subject's head.
Post Treatment
Post Treatment

Ask the subject to sit up slowly and get their bearings before standing down.

The subject should have a hot bath or shower to relax their muscles. The hot water needs to reach from the base of the spine to ear level.

Further treatments can be given every few days if necessary.
Additional notes
• Keep hands flat and relaxed while treating.
• Only the neurologically sensitive areas will respond in the specific contact area. It does not matter if the remainder of your hand is resting on the subject.
• Heavy pressure will traumatise the appropriate nerve endings and they will NOT transmit to the brain. Heavier IS NOT BETTER.
• Once you have commenced a treatment it must be completed for the technique to be effective. Part treatments DO NOT work, as the entire structure needs to be realigned to prevent the body reverting to its previous state.

Further information on NARESS and Ostealign may be obtained by contacting Diana and her staff
dihunter@ostealign.com

Practical training in all aspects of NARESS are available from Ostealign Therapeutic and will be provided on application, both ‘in-house’ and at your location if required.
Here is a recommended reading list for those who wish to take their skills and knowledge to a higher level
Try betterworldbooks.com or drop hints around home for the following:-

<table>
<thead>
<tr>
<th>BOOK</th>
<th>AUTHOR/SOURCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gray’s Anatomy</td>
<td>Henry Gray 1853</td>
</tr>
<tr>
<td>Apley’s System of Orthopaedics and Fractures</td>
<td>Apley</td>
</tr>
<tr>
<td>Essentials of Radiology</td>
<td>Mettler</td>
</tr>
<tr>
<td>A Medical Dictionary</td>
<td>(Mosby or Miller/Keane)</td>
</tr>
<tr>
<td>MIMS</td>
<td>(your local Medical Practitioner or subscribe online)</td>
</tr>
<tr>
<td>World’s Best Anatomical Charts</td>
<td>National Geographic Shop</td>
</tr>
</tbody>
</table>