

Anxiety Obsessive Compulsive Disorder

May 2013

Massage?

"Tory, I can tell a noticeable improvement from that last session. Just letting you know you did a great job. This is K. Thank you." This beautiful message is from an individual with Obsessive Compulsive Disorder. I had not seen her for a couple of months so I called her and asked her to come in. I wanted to work on her anxiety and diaphragm. My question was "Is the OCD related to a visceral and mechanical spasm near the diaphragm and the solar plexus?" "Could it be possible that I would find that location feeding the spinning repetition and slow it down?"

The answer was "yes". The body presented on the right side below the diaphragm near the adrenals and celiac ganglia (solar plexus). I had never felt anything so profound. The tissue had an emotion connected to "repetition". The deeper I compressed the more hypnotic the "repetition". I felt I was getting sucked into the bands of a hurricane. ***The client felt the anxiety and spinning also.*** I compressed deeper into the tissue focusing on the behavior of OCD. Yes, I connected to the fear of not wanting to leave the house. Yes, I could feel the inability of not "letting go". Yes, I could see myself washing my hands over and over again. ***A thought or motion stuck within the bands of a hurricane too dense and too fast to escape.*** The anxiety was definitely present and all consuming. After seven minutes of deeper compression the density let up and the spinning began to slow down. As the spinning slowed down I felt lightness and the slowing down of the repetition. I sensed a break in the cycle and less need to repeat the hand washing, etc. The mind was able to disconnect. "Tory, I feel it slowing down" was her response with amazement. Wow! The body talks and with understanding of the symptoms and listening to its voice we are its tool.

"I had anxiety caused by a change in my blood pressure medication. I literally thought I was having a heart attack. Within a 24 hour period, I had two very strong attacks, one in the wee hours of the morning. I had a massage scheduled early the next morning. Within five minutes and no details, Tory located the source of anxiety within my chest and began solving my problems. I was totally relaxed with no chest pain or anxiousness within ten minutes. The anxiety has not returned. Cynthia F." This client was ready to go to the emergency room when she came in to see me on Saturday morning. I had to make a decision based on the intake form of what I already knew about her. Do I send her to the hospital or do I treat the symptoms? I followed my "gut" feelings. Relax the diaphragm, open the lungs and engage the Vagus nerve with deep breathing. This was an anxiety attack.

Clinical massage takes knowledge of the systems and a deep awareness of what the hands feel both sensory and emotionally. Massage of the viscera is important in the prevention of disease. If massage is included in the treatment of OCD and if massage is performed at the onset of any symptoms of anxiety perhaps we can inhibit the progression of adrenal involvement.

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