

Kinesiology Tried & Tested **Adrian Want**

Could my pain be simply a result of the anxiety and stress in my everyday life?

This was the thought that was running over and over in my mind as Kinesiologist, Danny Liddell (who I had only just met) began relaying to me the emotional issues that weighed most on my mind. How did he know these things? I had only told him about my injuries and how I got them. Yet by judging the movements of my limbs and the beats of my pulse, Danny was able to tell me about problems in my life, which he simply could not know, and he was spot-on every time.

Now, I am not ignorant to the new-age philosophy of back and neck pain being related to emotional stress, but until meeting Danny I had yet to be convinced. I am one of the millions of people in Australia that suffer from ongoing muscular pain. Five years ago I sustained two sports injuries, one affecting my lower back and leg muscles, and the other my upper left shoulder blade and both leaving me in absolute agony whenever I tried to do anything more physical than walking.

Throughout this time I learnt to manage my pain through drugs and physiotherapy and though I am certainly in a better place (pain-wise) today, I am still reminded everyday that I am limited in the kinds of physical activity I can pursue. I believe after one session, that through Kinesiology, Danny Liddell will change all that.

I had never heard of Kinesiology until a close friend told me that she had experienced great results. She knew about my pain and suggested that maybe I should give it a go. When she told me what it was about, I was sceptical. And even though I have been to practitioners that delve into the same philosophy (i.e. heal and touch), I had long ago given up on believing

that my pain could ever be healed, and the negativity of my fate had taken its toll on my faith in any pain-healing practitioners—natural or otherwise.

At first glance, Danny was intimidating. With a steely blue gaze and large frame, he gave the impression that he was very serious and wouldn't tolerate time-wasters (such as annoying journalists). But once we sat down and got passed the immediate formalities (these are my injuries, blah, blah) I realised that I had pre-judged him, because almost immediately I could sense his innate kindness and got an initial taste of his dry humour which would come to dominate the session.

When Danny asked me to lay down I immediately went to take my shirt off and was prepared to strip down to my underwear, which was the usual practice with massage therapists and physios. Danny informed (jovially) 'that I wasn't *that* good looking' and asked me to lie down fully clothed, but I was in no way prepared for what was to come over the next hour.

I truly don't know what I had expected, but when Danny began to push my extended leg up so far that it looked as though it was going to touch my head, I thought that I was in for a lot of pain, not only today, but for the rest of the following week. To my surprise there was little to no pain at all. Danny would hold my limbs and ask me to push against the weight of his hand, ask me some simple questions and then seemed able (almost by magic) to push my limbs to their extreme and immediately alleviate tension and muscle stress.

By this point I was already impressed, but the best was still to come. By testing my pain limitations and my muscles innate reactions to certain questions, Danny was able to tell

me about personal problems that *I knew* were affecting my life. Sure I knew them, but how did he? Danny explained that ongoing pain could *often* be related to the stress we put on ourselves due to problems that we have left unsolved. He revealed to me personal issues that were affecting certain areas of my body by going through general categories of emotional problems verbally and waiting for my limbs to subconsciously react (a reaction that I had no control over whatsoever).

With a look of absolute awe and amazement I watched as Danny went through every area of my body and related the pain and tension to a certain emotional issue that I already knew I was dealing with, yet had never had the chance to emotionally repair. And by the end of the session, not only had I been twisted and pulled into position I thought only yoga masters could get into, I felt (for the first time in a long time) fully flexible and a ecstatically, emotionally happy.

When I sat down at the end of the session I was in a daze. I forgot to ask Danny all the technical questions I was supposed to and later realised that even if I had, there was no way I could write about this topic technically, it was a total emotional experience. I immediately booked in for an appointment for four months time (which was the soonest I could get as Danny is very popular) and lavished praise upon a man who has now been raised to messiah status in my own mind.

Two months on I can still feel the effects of Danny's treatment and I am still enjoying the benefits of increased flexibility. Though I am not completely healed, I believe that with a few more sessions, this man could completely heal me of a problem that has plagued numerous doctors and physios for more than five years. I am never one to get behind a fad or a craze (of which this is neither), but I strongly encourage anybody who has had ongoing pain or headaches, in any part of the body to try kinesiology and find the relief we all so desperately crave.

