



*Sundardas
Naturopathic Clinic*

POSTURAL NEUROLOGY

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DSc, CFMP, CST-D



*Sundardas
Naturopathic Clinic*
Your Natural Partner in Wellness



*Asia's First ISO Certified and
Award Winning Functional Medicine Centre*

**Asian Integrated Gut Brain and Pain Management
Natural Medicine Centre**

SERVING THE COMMUNITY FOR 28 YEARS



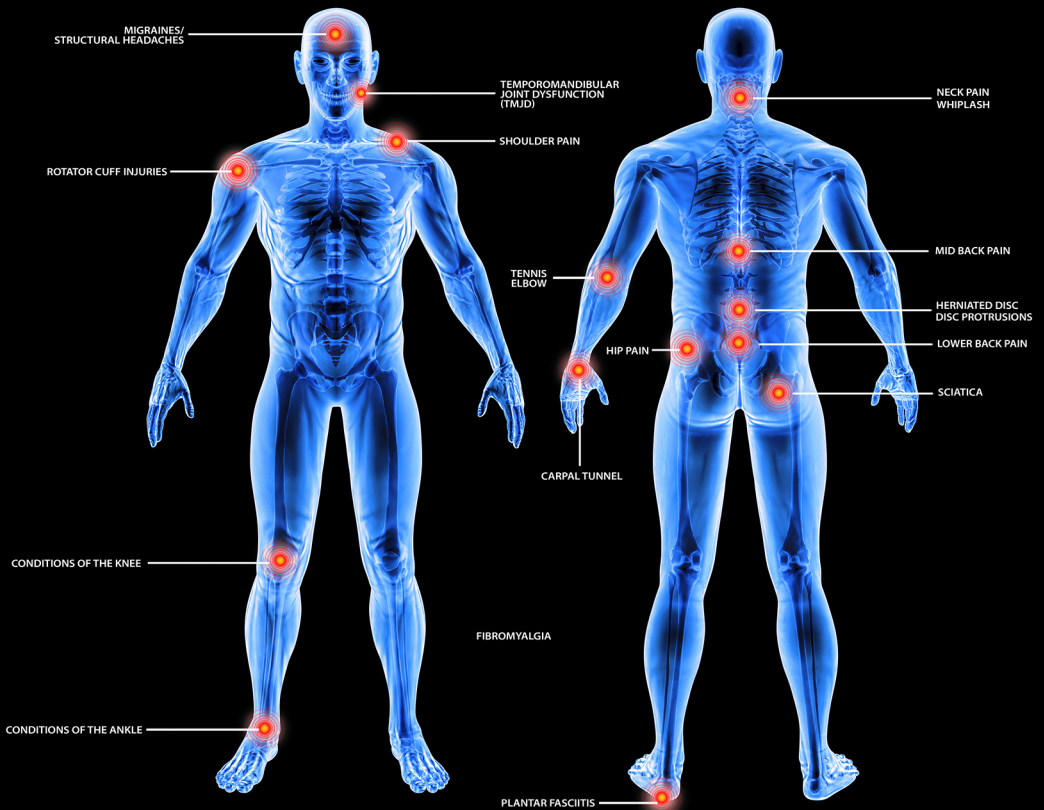
*Natural Therapies
Centre*



*Sundardas
Naturopathic Clinic*



PAIN MANAGEMENT CHART



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WHO IS THIS FOR?

Are you in chronic pain?

- Neck, shoulders and lower back?

Have you tried painkillers and they don't work?

Have you tried different approaches like
TCM, Chiropractic, Physiotherapy but the pain
comes back?

Then this is for you – an exciting new approach

COMMON CHARACTERISTICS OF CHRONIC PAIN

(The patient may have some or all of these characteristics)

- The patient has been in pain for six months or more
- The patient's pain is non-reproducible
- The pain comes and goes, but is persistent over time
- There aren't specific triggers, pain can arise from different factors
- The patient has a strong emotional attachment to their pain
- The patient shows a strong sense of catastrophization
- The patient shows signs of depression
- The patient may have paresthesia
- The patient may be highly sensitive to light stimulation
- The patient may have a pathologic condition

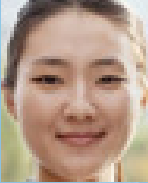


WHAT IF...

- You could discover the real reason why you are in pain?
- You are given a personally designed programme to become pain free?
- You are painfree in 90 days of less
- You can go back to living the life you used to enjoy before the pain started?

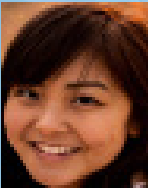


CASE HISTORIES



Neck and Backache, Right Elbow Ache

After the first treatment, the almost constant back and neck ache was gone. As I go through more sessions, I feel generally better. I dare to work on the computer again. I understand more about my body and definitely have a greater appreciation how trigger points and my muscles work. Relief from constant ache is a god send. **Mei Ching (Writer)**



Neck Pain, Blood Pressure and Neuralgia

I would like to express my heartfelt thanks to Dr Sundardas and testify how much I have benefited from my second session of spinal manipulation that you conducted on Monday, 19 June 2006. I feel really good. I cannot remember when was the last time I felt this good. Blood pressure at home is very satisfactory. The only regret is that I should have consulted Dr Sundardas three years ago and not spend money consulting all kinds of specialists. **Janice (Executive)**



Awareness and Balance

I came to Doc and his team... awareness and balance... affecting me on a personal and professional level... received... treatment from cranial, microcurrent treatment, exercises at home contributed to a much better and more "aware version of myself... I can't thank Doc enough for his help.

Jay (Marketing Executive)



Avoiding Back Surgery

I had been admitted to hospitals for lower back pain... degenerated pelvic issues... cervical spondylosis... did not opt for surgery. After Dr Sundardas assessed my condition... I turned up for all sessions...immediate progress. Pain that almost caused me to lose my job is no longer an issue. Dr Sundardas's treatments... new meaning to life..painless,pain free. Thank you SNC. **Lalitha (Teacher)**



Chronic Left Shoulder Injury

I had a chronic left shoulder injury..frozen shoulder..problems during zoom calls handling the mouse...a relief when after a few sessions..chronic shoulder problem disappeared. so happy and glad .go back to my normal life.

Lily (Senior Executive)

THE POSTURE SYSTEM

Understanding Postural Distortion Patterns from a Neurologic Perspective



4 POSTURE QUADRANTS

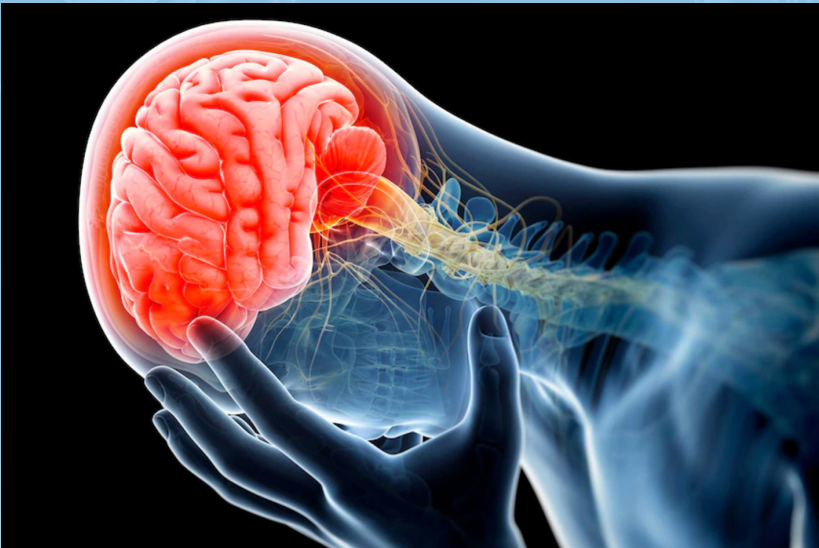


WHAT IS THE PAIN NEUROMATRIX?



- Pain Signals are an output from your brain for brain for homeostasis
- The Pain Neuromtarix refers to chronic pain
- The Pain Neuromatrix refers to chronic pain
- The Pian Neutromatrix is the combination of cortical mechanisms that when activated produce pain
 - Activates due to increased amounts of threat to the body
- Old pathways are more commonly activated resulting in chronic pain patterns

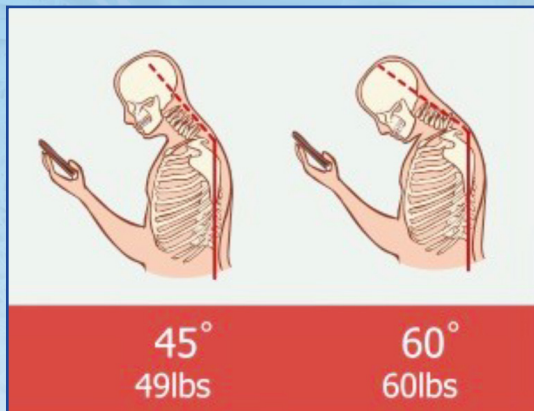
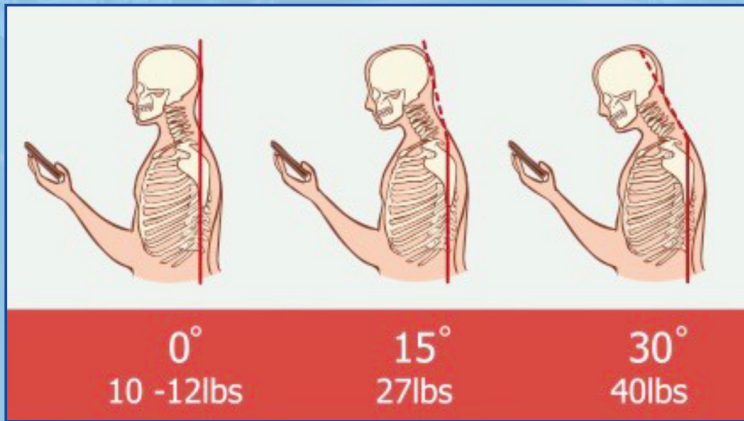
**ARE YOU TIRED OF BEING
IN PAIN AND NOT HAVING
A SOLUTION?**



Chronic Pain is in the Brain

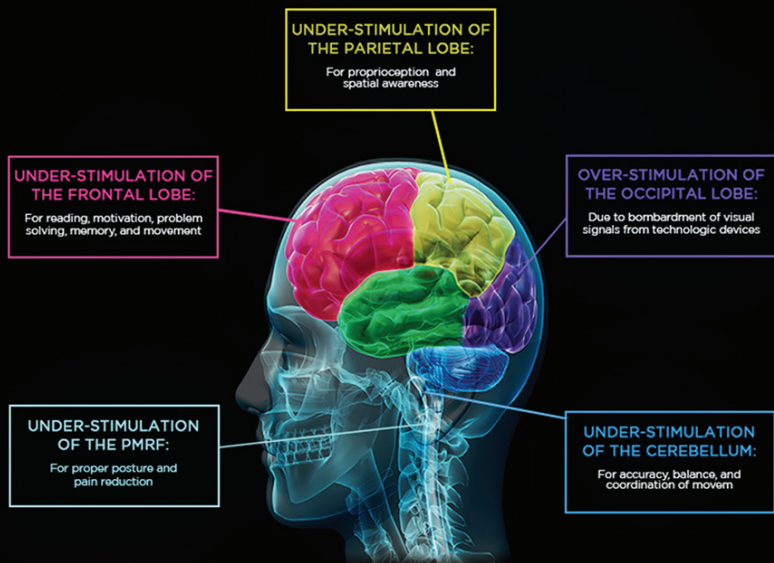
- Anterior cingulate cortex
- Insular cortex
- Thalamus
- Sensory cortex
- Parietal lobe

TECH NECK POSTURE



DIGITAL DEMENTIA

A sensory mismatch in the brain from over utilization of technology and excessive slouched sitting postures, leading to signs and symptoms of dementia.



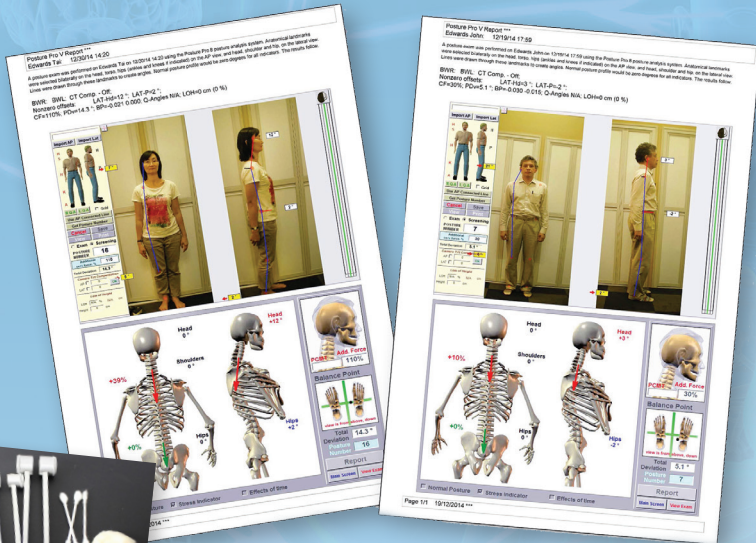
YOUR TREATMENT PLAN GOALS

Our goal is to get you out of pain, then help you reduce stress to your body. The reason we want to help you reduce stress to your body is to prevent the pain output signal from coming back.

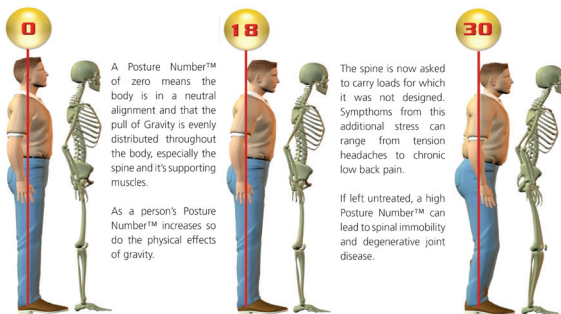
In the initial stages of your treatment plan, we will work on getting you out of pain, and we will evaluate if you have postural distortion patterns in order to reduce load to your bones, muscles, joints and organs.



OUR INTEGRATIVE APPROACH: Assessment



What's Your Posture Number?™



OUR INTEGRATIVE APPROACH: Brain Based Assessment

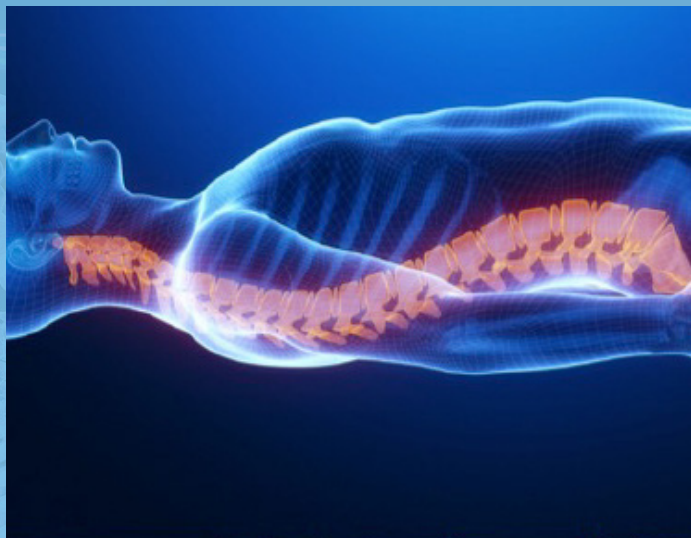
Postural Stabilization

Motor Cortex

Brainstem

Spinal Cord

Postural Muscle



OUR INTEGRATIVE APPROACH:

Report of Findings

BRAIN BASED POSTURE ANALYSIS CHECKLIST WITH NEURAL CAPACITY SCORE

NAME: _____
DATE: _____

MOTOR CORTEX: 		SENSORY CORTEX: 		VISUAL SYSTEM: 		VESTIBULAR SYSTEM: 			
ORIGIN OF DISTORTION: ☐ YES ☐ NO 1. First Order = (Spinal) a. Dorsal Extensors ☐ b. Finger Extensors ☐ c. Finger Flexors ☐ d. Toe Extensors ☐ e. Calves ☐ 2. Second Order = (Spinal) a. Arm Swing - Gait ☐ 2 pts. b. Motor Drift during Romberg's ☐ 1 pt. 3. Third Order = Specific Muscle a. Identify specific motor weaknesses for rehabilitation ☐ Motor Cortex Neural Capacity ____/10 pts.		ORIGIN OF DISTORTION: ☐ YES ☐ NO 1. First Order = (Spinal) a. Dorsal Extensors ☐ b. Gracilis: Upper Limbs ☐ c. Gracilis: Lower Limbs ☐ 2. Digit Distinction ☐ a. Anterolateral System i. Pin Wheel Test ☐ 2. Second Order = (Spinal) a. Joint Position ☐ 1 pt. i. Fine Touch ☐ 1 pt. ii. 2 point discrimination ☐ 1 pt. b. Anterolateral System i. Warm/Cold Temperature tests ☐ 2 pts. Sensory Cortex Neural Capacity ____/10 pts.		ORIGIN OF DISTORTION: ☐ YES ☐ NO 1. First Order = (Spinal) a. Vision Test: Snellen Chart ☐ b. Cranial Nerve II: 2 pts. i. Papillary Reflex ☐ 2 pts. c. Cranial Nerve IV: 1 pt. i. Inferior-Medial Gaze Stabilization ☐ d. Lateral Gaze Stabilization ☐ Visual System Neural Capacity ____/10 pts.		ORIGIN OF DISTORTION: ☐ YES ☐ NO 1. First Order = (Spinal) a. Convergence ☐ b. One Leg Balance ☐ 2. Second Order = (Spinal) a. Vestibulo-Ocular Reflex ☐ 2 pts. b. Optoliths ☐ 2 pts. Vestibular System Neural Capacity: ____/10 pts.		GAIT ANALYSIS: Biomechanical discrepancy of gait pattern ☐ 2 pts. Neurological dysfunction of gait pattern ☐ 2 pts. PMRF dysfunctional gait pattern ☐ 2 pts. Cerebellar dysfunctional gait pattern ☐ 2 pts. Gait Neural Capacity: ____/10 pts.	
CEREBELLUM: ORIGIN OF DISTORTION: ☐ YES ☐ NO 1. First Order = (Spinal) a. Sharpens Romberg's ☐ b. Rapid Alternating Proximal/ Distal ☐ c. Rapid Alternating Pronation/ Supination - Hands ☐ 2. Second Order = (Spinal) a. Verms 2 pts. (watch for sway) i. Romberg's with Perturbations ☐ ii. Neuro Loaded Romberg's ☐ b. Heel to Shin ☐ c. Full Arm Figure Eights ☐ d. Lateral 2 and Figure Eights ☐ e. Finger to Nose ☐ f. Rapid Trapping ☐ g. Rapid Trapping of Foot ☐ h. Finger to Nose to Finger ☐ Cerebellum Neural Capacity ____/10 pts.		PONTO MEDULLARY RETICULAR FORMATION: ORIGIN OF DISTORTION: ☐ YES ☐ NO 1. First Order = (Spinal) a. Visual Posture Analysis i. Inverted Shooter Reaction ☐ ii. Oni Oni ☐ iii. Hyper-tonic Flexor Musculature ☐ b. Head Protrusion ☐ i. Head Protrusion V1-VIII ☐ ii. Cerebellar Perturbations ☐ iii. Sensor Strength ☐ iv. Balance ☐ v. Fukuda ☐ vi. VOR ☐ 2. Second Order = (Spinal) a. Pons i. Cranial Nerve V: Trigeminal ☐ 1 pt. ii. Cranial Nerve VI: Facial ☐ 1 pt. iii. Cranial Nerve VII: Vestibulocochlear ☐ 1 pt. - tested previously		PONTO MEDULLARY RETICULAR FORMATION (CONT): Medulla Nerve IX: X: i. Glossopharyngeal, Vagus ☐ 1 pt. ii. Cranial Nerve XII: Spinal Accessory ☐ 1 pt. iii. Cranial Nerve XII: Hypoglossal ☐ 1 pt. PMRF Neural Capacity: ____/10 pts.		NEUROLOGIC POSTURE ANALYSIS: Posture Quad 1 ☐ pt. Posture Quad 1 Posture Specific ☐ pt. Posture Quad 2 ☐ pt. Posture Quad 2 Posture Specific ☐ pt. Posture Quad 3 ☐ pt. Posture Quad 3 Posture Specific ☐ pt. Posture Quad 4 ☐ pt. Posture Quad 4 Posture Specific ☐ pt. Structural Postural Distortion Patterns - 2 pts. Neurologic Posture Analysis Neural Capacity: ____/10 pts.			
		MESENCEPHALON: ORIGIN OF DISTORTION: ☐ YES ☐ NO 1. First Order = (Spinal) a. Case History (Headaches, Jaw Clenching, Sensitivity to light) ☐ 2. Second Order = (Spinal) a. Hemifield Glasses ☐ 3 pts. b. Pinhole Glasses ☐ 2 pts. Mesencephalon Neural Capacity: ____/10 pts.		CASE HISTORY Sleep Neural Capacity Score: ____/5 pts. Pain Neural Capacity Score: ____/5 pts.		TOTAL NEURAL CAPACITY = ____ /100 pts.			

OUR INTEGRATIVE APPROACH: Treatments



OUR INTEGRATIVE APPROACH: **Manual Techniques**



Craniosacral Therapy



Visceral Manipulation



Joint Manipulation



Articulation

OUR INTEGRATIVE APPROACH: **Prescribed Home-Based Exercises**



**BALANCE
PROGRESSION 1**



**BALANCE
PROGRESSION 2**



**BALANCE
PROGRESSION 3**



**BALANCE
PROGRESSION 4**



EXAMPLES OF BALANCE PROGRESSION ON INSTABLE SURFACES



**BALANCE PROGRESSION
ON WHOLE
BODY VIBRATION**

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