

# **Pain starts in the mind and ends up in the muscles, says the man behind Dynamic Release therapy, which aims to treat chronic pain with deep massage.**

*Miranda Fettes*

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reports

**t a small private clinic in Strathaven, patients claim massage therapist Paulo Quadros is quietly working wonders, freeing**

them from chronic pain that has plagued them for decades. Some whose lives have been changed by the work of the Mexican practitioner even say the results he achieves are miraculous.

Orfeo Franceschi, who was crippled with arthritis and badly injured by a hit-and-run driver, says: "Before I saw Paulo, I was really in a bad way. I could barely walk and I couldn't hit a thing... He's worked miracles."

Quadros is delighted with his patients' improvements, but not surprised. He has spent almost a decade perfecting Dynamic Release (DR). He says: "It is no miracle cure. This is really very simple but has profound implications."

His therapy is based on the premise that tension in the body holds the key to most of our physical ills. Combining the mind-body teachings of Wilhelm Reich and a basic massage technique known as "crude vibrations" - the rapid but gentle shaking of a limb - he locates where tension is being held in the body, finds its source and encourages the patient to deal with that. DR is, he says, essentially the art of relaxation achieved by releasing tension. As a masseur at Fossil Stress Centre in Glasgow, he discovered over many years of practising massage that most people hold tension in their bodies but are unaware of it until pain results, often in another part of the body.

Many patients at his Ayrshire clinic are self-referred after other therapies have failed to deal with their pain. There are also several GPs who regularly refer patients suffering from chronic pain, sports injuries, arthritis and other joint or muscular problems.

Quadros believes chronic muscular and joint pain is due to physical or emotional "repetition". Adopting a bad posture at a desk or carrying a heavy bag on the same shoulder every day, for example, will become automatic and result in this position feeling normal and people becoming unaware that they are tensing up certain muscle groups. Gradually, he says, they will begin to hold this tension in their muscles.

Quadros also believes "every emotional

pain is reflected in the muscles". When fear is not resolved, for example in a situation of ongoing stress or anxiety, the adrenaline produced by our natural flight or fight response gradually builds and is reflected in the body as

Kilbride until moving to Yorkshire this week, has referred patients to Quadros.

Davies says: "It's a very good way of releasing tension out of muscles. Paulo takes the view that a lot of our tension in our muscles is a result of things that



**Paulo Quadros has spent a decade developing his therapy.** Picture: Ian

tension.

Dynamic Release is essentially about bringing the patient's attention to the tension which they are "holding".

"When they become aware of the holding, they can learn to release the tension by relaxing the muscle," he explains. "Before they see me, they are usually totally unaware that they are holding certain parts of their body. The bottom line is restoring full movement to joints.

"It's sustainable: once you know how to relax the muscles, you become aware of any tension you have and then you know how to deal with it."

Quadros teaches the awareness and relaxation techniques so that the patient can go home and apply the principles of DR themselves. He asks patients to imagine being a rag doll. This visualisation technique is effective, he says, "because it brings unconsciousness up to the level of consciousness. Personal empowerment is very important, because it brings patients out of the victim psyche and makes them their own manager."

Dr Peter Davies, who practised in East

go on in our psychological life and, likewise, things in our psychological Me are written into the muscle tension and it's very much about working at both levels.

"Dynamic Release is about thinking a lot more about the relationship between symptoms and their causes. I would like to treat some of my patients with a lot fewer drugs than I use at the moment"

Dr Ashis Banerjee of Bridgetoun Health Clinic in Glasgow has written to the Glasgow Health Board to ask to be able to use Quadros in his clinic - Quadros can only practise privately at present, as Dynamic Release is not recognised by the NHS.

Quadros, who now sits on the parliamentary cross-party group on chronic pain at the request of Dorothy Grace Elder MSP, says he would welcome independent assessment of DR. "If I'm wrong, I would like to know," he says. • Quadros can be contacted on 01357- 529 947. For further information on DR, see [www.pquadros.com](http://www.pquadros.com).