

Pain starts in the mind and ends up in the muscles, say

the man behind Dynamic Release therapy, which aims to treat chronic pain with deep massage. *Miranda Fettes reports*

S2 TUESDAY

At 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 lift 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 Possil 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



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

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 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

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 go on in our psychological life and, likewise, things in our psychological life 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 Bridgeton 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 charges £35 for a hour's session. He can be contacted on 01357-529 947. For further information on DR, see www.paulo.redhotant.com/DR



Marilyn Park believes Dynamic Release therapy has reduced the severity of her migraine attacks. Donald MacLeod

Kaye Longmuir, in her early fifties, is an alternative therapist working in Glasgow

I'D BEEN suffering from chronic back pain for ten years. Over the years, I'd been to hospitals for physiotherapy and heat treatment. I have also had massage, which has helped to ease it a bit, but there was still a deep pain left that nobody had managed to reach before. Paulo can touch into that at quite a deep level

"I went to see Paulo in January for the first time. I noticed a difference after the first consultation. Over the years, I got into the habit of holding that pain. I wasn't conscious of it. Eventually, it becomes so ingrained it feels normal. The body-mind connection is very powerful

"Paulo draws my attention to the fact I'm holding tension in my back. I just thought my back's sore and tight, but I did not have an awareness I was holding it like that and I could let it go. Once he finds the root of the pain, he works very slowly, very patiently, very sensitively and teaches me how to let it go; to relax it. Then the pain goes and also the emotion, as there's an emotional holding as well. When

you release one, then you release the other.

"For me, that emotional holding came from well back into my childhood. It was my pattern of holding in and not expressing how I felt I wasn't even aware I was doing it. It meant having to release a lot of emotional things. Once you get used to holding your body tightly, it begins to feel natural. It was quite a deep sobbing that came up for me and that released a lot of tension.

"Working with Paulo, I've had flashbacks to the childhood memory where it started. I had never had that before; I wasn't even conscious of it

"Even though I've been working in massage for eight years, I was very surprised I was still holding so much in that wee space; that there was still so much trauma in there.

"When I started seeing Paulo, the muscle was bunched and now it's much softer and flatter."

Marilyn Park, 51, is an office manager from Cardonald.

I'D BEEN suffering from migraines for 25 years. I'd tried everything: creams, tablets, herbal remedies, Feverfew, aromatherapy, aloe vera, massage and even a magnetic thing round my

neck. I'd spent a fortune on it. You get to the stage when you think: Is the rest of my life going to be like this?

"I started seeing Paulo two years ago. Before that it was just straight home, take a migraine tablet and lie in a darkened room. Since I've been to him, I don't have to go home from work any more; I still get migraines but they've been less severe, and I only get one every two or three weeks. I used to get two or three a week

"It was his way of getting you to relax. Even now I remember to drop my shoulders when I feel myself getting tense. I can always hear his voice saying, 'Shoulders.' If you hunch your shoulders up, you're all tense and you're not getting the blood supply up to the head because the blood vessels narrow.

He also did massage. His technique was really good: my shoulders, my arms, my head and right down my arms to my fingers. I'd been for massages before, but never as intense as Paulo did. I thought he was excellent

"I'd really like to see Dynamic Release on the NHS. The only thing I can honestly say that helped was going to see Paulo. He takes a lot of time with you. He's not rushing you out the door to get the

next person in"

Orfeo Franceschi, 54, is a shop owner who lives in East Kilbride.

"I WAS badly injured in a hit-and-run car accident in October 1999. The doctor told me I had arthritis and I was told to take it easy. I had to stay off work for two months.

"I was really in a bad way. I had sore hands, sore arm, sore shoulder, sore hip, sore knees. I could barely walk and I couldn't lift a thing.

"I was prescribed anti-inflammatories and cortisone cream but I don't believe in tablets. I had a heart bypass eight years ago and got diabetes after the operation. I also have bad cholesterol, so I'm on enough medication as it is.

"A friend suggested I went to see Paulo. He said he didn't believe in arthritis and said he was going to cure me. He did massage and told me to drink lots of organic carrot juice and told me to get some herbal tablets. He also did acupuncture.

"It started getting better after a month or two but it took six or seven months to really get better. He's worked miracles. I still get the odd twinge, but nothing compared to the pain after the accident"