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LONGITUDINAL STUDY OF ONE PATIENT WITH CEREBRAL PALSY

This study is an unorthodox approach towards reporting the effects of VAT on a well- functioning patient with Cerebral Palsy over three years. The therapist's formulations as well as the patient's are characteristic for the information that was received from users of VAT during the first years of developing the transferring equipment and sound stimuli. There was no common formal educational background for the users and their patients. A condition for being allowed to buy VAT equipment was that the users (buyers) must commit themselves to submit reports of observed effects from at least 10 patients with different complaints. In order to receive "authorization" they were asked to report effects within one symptom (syndrome) group.

The quality of the reports were extremely varying, but I was able to collect several hundreds of reports from scores of users. Most of the users were already skilled in some sort of alternative therapy, but there also came a few report from formally educated therapists in institutions. Seen from many years' distance, I can condense the observed effects to a few areas:

1. Pain reduction
2. Stimulating blood circulation and lymphatic drainage
3. Stimulating brain functions, congenital or acquired.
4. Tissue massage, included airways.

As there were no scientific research yet, it was left to the users' fantasy to explore eventual positive or negative effects of the use of VAT for their existing patients. Whether the effects are due to placebo, or if there are "real" effects is an academic question. The important information was, for me, if there were observed effects, and that the patients were satisfied.

The following reports from a therapist and her patient are typical for the information that was, and is, collected from extra-academicals. The reader must have an open mind, and be able to look behind the words that are used in order to try to understand the full scope of observed effects from both sources. The patient's report is especially interesting, as it gives a report "from the inside" of a well-functioning adult with congenital CP. His approach is, verbally, very creative and can make us understand the plurality of effects appearing in his body during the three years that had passed when this report was written. He still is receiving VAT when he wants. He is himself in charge of the intervals between sessions.

Patient (from 2008 until today)

Reidar U**** N****, 45 years, **Cerebral Palsy**. Well-functioning. **Dyslexia**

NOTES by VAT Therapist Toril ** (2013)**

Start: 13/10-08: Pains and tensions in the body during session, but felt that something unusual was happening in the body. He felt increased energy after treatment. Afterwards had strange / unusual dreams and been more often to the WC.

After 6 treatments, 24/10: Walking better, more pronation, modified propulsion. Has better bladder control and is more seldom going to WC during night. Improved bladder control.

After 10 treatments, 5/11: Standing steadily on both legs. Walking is noticeably better. Bladder control and rectal sphincter function improved.

After 22 treatments, 5/1-09: Is not so flushed / breathless during physical exercise. Reducing VAT from 3 to 1 sessions a week. He cannot take any more because of increasing changes in the body.

After 30 treatments, 4/3: Podiatrist satisfied. Feels that his feet are more accessible. Chiropractor also pleased with the development.

After 32 treatments, 16/3: Better / more relaxed sleep. Better balance, no longer difficult to walk on slippery ice.

After 35 treatments, 27/4: Mental change - feels more accessible. Better functions at home and at the gym. More relaxed. Easier to perform tasks.

After 41 treatments, 8/6: Now a lot happened in the spine, sway (Lourdosis) reduced. He has better balance. Feels as if his legs are longer.

After 43 treatments, 17/6: Reduced resting heart rate. Can now bend down to put on socks on *both* legs. Feels more symmetrical.

After 50 treatments, 12/8: Reading speed has increased, better distinction of letters. It is easier to recognize different human faces. It seems as if the brain has a clearer and more specific understanding of the body. This makes it easier for him to interpret visual and auditory impulses. Can do things more efficiently and has therefore more energy. Can now use short pants; have always had to wear long pants in order to know/feel that his legs are present.

After 64 treatments, 12/11: Feels that he has improved visual impressions and body image. He has felt unstable in the lower back for a while. He thinks this is due to changes in the communication between large and small muscles. Small muscles activated and the large more relaxed.

After 75 treatments, 24/2-10: Something is happening in the upper back, neck, shoulders, and breath.

After 95 treatments, 18/8: Wants to walk more and can go longer trips than before. He is sleeping less during day, is less tired and breathing is better. Bowel problems.

After 102 treatments, 13/1-11: Has recently fallen asleep during treatment , but sleep has better quality.

After 112 treatments, 1/6: Something is happening to respiration and lung volume. Less flat footed.

After 115 treatments, 30/5: Changes in gait. The feet are now used differently .Propulsion stronger. He has a notch in the leg which is significantly reduced.

Reidar's own comments about Multivib

The brain and the body have a constant ongoing conversation. The conversation has several topics and themes. This is because they both need to know the other.

One topic is the musculoskeletal system. The **conversation** is characterized by **brain asking and the body responding**. The answers provide the basis for new, more detailed questions. The brain builds an increasingly accurate view, an objective map. The map of the body is used when the brain initiates and controls the motion.

Another theme is new body-image. Conversation starts with a spontaneous report from the body. The brain tries to understand whether it is a new wound, broken bones, fatigue, refreshed, bodily pleasure. Based on the spontaneous messages the brain answers/informs.

A third theme is the mental functions. Conversation characterized by **brain seeking assurance that the body exists**. When the body confirms that the body exists, the brain is soothed. The more detailed body describes himself, the more the brain feels calmed.

You can stimulate conversation in several ways. Physical exercise is a common and easy way to stimulate conversation. The challenge is to make the conversation more varied and exact - not just louder. Increased accuracy in conversation simplifies life in terms of movement, pain and reassurance.

When you move, the conversation becomes louder. If the movement pattern is familiar to you, you will learn little, the conversation is not more diverse and accurate. As long as you try to learn new and difficult movement combinations, conversation will evolve .

I have spent many years learning new and difficult exercises. My goal has been to develop the conversation to change every day. The process – is changing the conversation - began with strange/new exercises 15 years ago. 3 years ago I started with something new and incomprehensible again. (VAT)

Toril at the Klinik1 asked if I wanted to try the Multivib mattress. I was shocked. The body was stimulated directly. Completely different from physical exercises. The mattress is controlling the conversation with the body. For a long time I was confused - did I experience pain or pleasure?

The frames of the conversation burst. Pain and confusion say that my brain is overwhelmed. The brain does not control the conversation, and this reminds the brain of the conversations that are reported spontaneously from the body. The brain's interpretation is pain. Only gradually can an update of the body map become the brain's primary focus.

More changes are stimulated by Multivib. I got better vision - reading and recognizing faces. Better balance and coordination - altered movement patterns. Resolution of fibroids - improved blood circulation, lower blood pressure. Reduced physical stress. Reduced weight because of water loss. Improved organ function and bladder control.