

***VM2 Handout***  
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<b><i>Mobility</i></b>	<b><i>Motility</i></b>
<ul style="list-style-type: none"> <li>• Movement created by external forces pushing/pulling the organs. Altered/decreased mobility is due to restrictions of the organ and surrounding tissue.</li> </ul>	<ul style="list-style-type: none"> <li>• An inherent motion of the organ itself. A perpetual movement, 7-8 cycles/minute, of embryological origin. Altered/decreased motility is due to an effect upon the organ's intrinsic motion (life force). Often altered motility will reflect where an organ is restricted in mobility.</li> </ul>
<ul style="list-style-type: none"> <li>• Mobility evaluations: GL, LL, IBT, mobility testing.</li> </ul>	<ul style="list-style-type: none"> <li>• Motility evaluation: by observing the organs motility.</li> </ul>
<ul style="list-style-type: none"> <li>• Mobility treatments: mobility induction, direct stretch.</li> </ul>	<ul style="list-style-type: none"> <li>• Motility treatment: motility induction (direction of ease) only.</li> </ul>
<ul style="list-style-type: none"> <li>• Amount of pressure used: can vary depending upon the depth of the organ, how fragile, body type, emotion...</li> </ul>	<ul style="list-style-type: none"> <li>• Amount of pressure used: always light, the weight of your hand or less.</li> </ul>

***Treatment Considerations***

- VM is characterized by high precision and minimal force.
- Use soft, relaxed hands and an open, neutral mind.
- Use gentle pressure and go the rate the tissue allow. If you are having difficulty feeling, take in a few slow, deep breaths, lighten up your pressure, relax your hands, relax your mind.
- Avoid blending. You will be much more effective and will maintain your health too.
- Collect the information. Do not project into the person's body.
- For GL and LL the information is immediate. Listen for a short time and if you need more input, lift your hand off and begin again. "Evaluation" is receiving information. Be clear when you are emitting and when you are receiving.
- With VM a little goes a long way. When treating, do a small amount and then let the body take over.
- Sitting techniques: Have the apex of the spinal curve at the level of your short lever contact.
- The key to being successful with VM is developing your listening skills and your understand of anatomy.