

# Could what you're wearing be wearing you out?

Have you ever wondered why the client, who left your clinic pain free after you massaged away neck, shoulder and arm pain, returns to you two weeks later with exactly the same problems?

Why do some people continually present with tight abdominals which lock down their breathing?

Why do some apparently happy, healthy babies suffer distressing colic type reactions more when it's cold than when the weather is warm? Or even why some times your golf swing is way off what it should be?

According to Australian based creator of the Emmett Technique, Ross Emmett, the answer to these observations lie no further than in the clothes and accessories we wear on our bodies.

Ross, who has been a remedial therapist in clinical practice for over thirty years, and a teacher and trainer of many modalities since 1983, said for years he noted the increasing number of clients who presented to his clinic suffering pain as the result of what they were wearing. When he was asked in 2007 to address the Miss Australia Gala in Tasmania it seemed like the perfect avenue to approach this topic and 'Could what you're wearing be wearing you out?' was born.

Is there a woman on this earth who doesn't think her bra stresses her body? Ross confirmed what women have known since our sisters in the 60s decided to burn their bras in a bid to achieve peace and stress free living. The clothing item invented to provide women with support and comfort could be the very cause of neck and shoulder pain. 'This pain can be avoided by something as simple as changing the bra you wear,' he said. During his recent talk in Townsville, North Queensland, Ross demonstrated his point on an audience member, who he showed how quickly the pain can be relieved by simply adjusting the bra straps and applying a corrective move near the indentation they commonly make.

Another audience member, a singer, discovered that his new belt was the reason he was having difficulty breathing, which had been impacting on his ability to perform. After Ross applied a sequence of a few simple light finger moves taking only moments, the singer said he felt his breathing capacity greatly improved.

He said he was encouraged to provide this information. 'I wanted to give people the power back; to be able to self assess and look for simple solutions first.'

Practitioners' of the Emmett Technique are taught how to use assessment and observation to aid in recognising the indicators from our clothing culprits. Learning the common items to be on the lookout for and then how to simply and effectively correct the muscles, quickly relieving the pain and discomfort.

Emmett Technique courses are held all over Australia and Internationally. The technique involves the application of light pressure at particular points and in sequences that enables the gentle physical release of muscle groups.

Among the symptoms this approach can improve are balance problems, tight hamstrings, increase grip strength, increase lung capacity, leg cramps, knee pain, hand co-ordination, tight neck, headaches, back pain, shoulder pain and restriction. Treatments can be done fully clothed and it is safe to use on everyone from infants and pregnant women right through to the elderly and infirmed.

The technique combines well with all other modalities, is taught in comprehensive, hands-on, one day modules, can be incorporated into treatments as soon learnt and is not physically taxing on the practitioner.

So next time your client returns to you complaining that, although your treatment was effective the pain returned almost straight away, get them to take stock of what they're wearing ... simply changing it could potentially remove their pain, improve their energy and increase their quality of life!

Or take the opportunity to attend a presentation: for more information email [ross.emmett@bigpond.com](mailto:ross.emmett@bigpond.com) or check the website [www.rossemmett.com.au](http://www.rossemmett.com.au)

## Emmett

### A Chameleon Approach

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