

# RELIEVE YOUR MUSCLE PAIN IN SECONDS!

or many other common muscle aches, Dr. Dale Anderson's innovative "Fold and Hold" technique can help! "Fold and Hold" combines simple, safe, biomechanical self-treatment with the natural healing powers of the human body. The result is muscle pain relief in 90 seconds. Here are just a few of the benefits:

- You can do it yourself—no need for expensive tests or "fixes" from physicians, physical therapists, or chiropractors.
- It's comfortable—remove your tender spots by finding a non-painful position.
- It's convenient—can be done anywhere, anytime. No appointment needed.

*Muscle Pain Relief in 90 Seconds* clearly teaches the right moves to ease over 20 muscle problems, from a stiff neck to ankle pain. This revolutionary method is a must for everyone with muscle twinges and aches.

*Dale L. Anderson, M.D., is a physician with over 35 years of experience, specializing in patient education and biomechanical medicine. He has practiced as a family doctor, a board certified Mayo Clinic trained general surgeon, and a board certified emergency physician. He is part of the complementary medicine department of Park Nicollet Medical Center—one of the country's largest multi-specialty clinics. He was also an associate director of clinical research for two Fortune 500 companies. Dr. Anderson is a clinical assistant professor at the University of Minnesota Medical School and one of America's leading health speakers, conducting seminars throughout the world.*

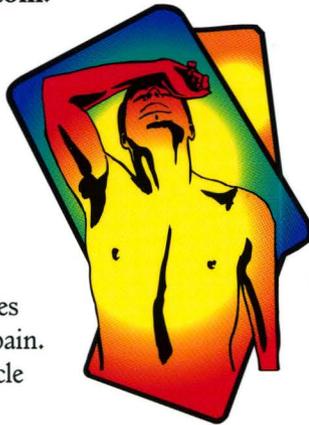
You're now only 90 seconds

away from getting rid of many of your muscle pains, completely drug free!

If you suffer from back pain, tennis or golfer's elbow, head or neck pain, wrist pain, shin splints, carpal tunnel syndrome,

- It provides extended pain relief by treating the cause of the pain, not the symptom.

- It requires no drugs, dietary supplements, special instruments, or machines.



# MUSCLE PAIN RELIEF IN 90 SECONDS

THE FOLD AND HOLD METHOD

All the right moves  
you need  
to ease 21 types  
of muscle pain, from a  
stiff neck to an aching back—  
completely  
drug free



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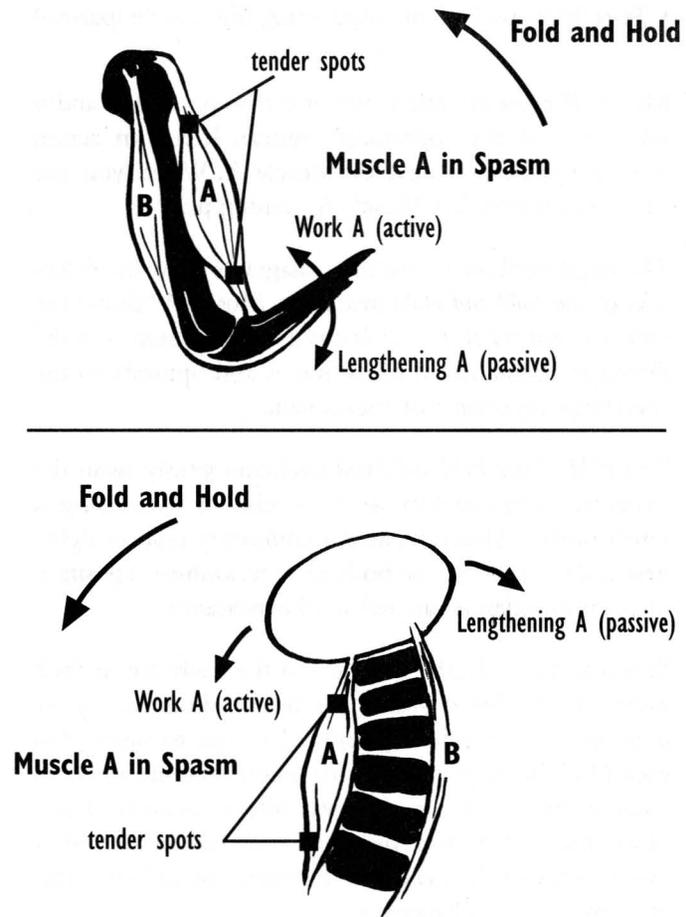
**DALE L. ANDERSON, M.D.**

## FOLD & HOLD

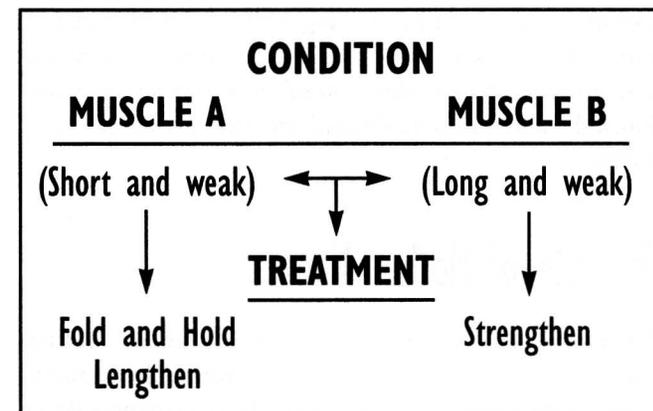
### Mother Nature's Manipulation Technique

1. Find the Tender Spot
  2. FOLD to a position that relieves the tender spot—(usually FOLDing OVER the tender spot)—which maximally shortens the muscle in spasm—putting it to “sleep.”
  3. HOLD the comfortable (often awkward appearing) position for 90 SECONDS.
  4. SLOWLY return to normal position.
  5. Gently stretch in the opposite direction from the FOLDED position.
- Basic understanding of body pain caused by a spastic muscle.
1. Tight render spastic muscle pulls body out of alignment.
  2. Pain can result from the tender muscle and/or from a resultant body mal-alignment which can strain and stretch tissue or produce pressure on nerves or joints.
  3. Corrective treatment is concentrated on the spastic muscle NOT on the body mal-alignment.
1. Self administered—no repeated “fixes” needed from physicians, physical therapists, chiropractors, etc.
  2. Inexpensive—may avoid office visits and costly tests.
  3. Comfortable—tender spot removal by finding non-painful position.
  4. Time Saving—can be done anywhere, no appointment needed.
  5. Extended pain relief—the cause of the pain (muscle spasm) rather than a resultant body mal-position is treated.
  6. No drugs, no dietary supplements, no special instruments, no flashing vibrating or buzzing machines.
  7. Simple, inexpensive devices used for assistance—i.e. tennis balls, lumbar roll, etc.
  8. Reduces FEAR of pain because the simple mechanism is understandable.

## Keys to the strategy of Fold and Hold



## How muscles become weak and stiff



# **Fold & Hold: A 90-second guide to relieve muscle aches and pains**

**By Dr. Dale L. Anderson** [www.ActHappy.com](http://www.ActHappy.com)

He was a strong, energetic, active young man. But now, suddenly, he was suffering from agonizing pain! So much right lower back pain that he stood bent forward and stooped to the right. He was unable to stand or walk erect. His friends said he looked like a “little old man.” Also, he was sleeping poorly at night. He awoke often in search of a comfortable position. Usually, by bringing the right knee to his chest, the pain improved and he could doze off again.

He endured the discomfort for several months. Heat, ice, liniment, shoe-inserts, pain-medication and health care practitioner adjustments brought only temporary relief. After sleepless nights and painful days, his energy was down at work and so was his productivity. Life was a pain!

And then, suddenly, the pain was gone! The young man announced this “miracle” to his friends. He celebrated, saying, “One night, I curled up, slept like a baby through the night and my pain was gone when I woke up!”

Sound familiar? For many, comparable pain is an everyday occurrence due to poor conditioning, stress, weak muscles and a sedentary life style coupled with bursts of over-use and repetitive or sudden movements. When such “slip ups” happen, muscle spasm and pain often occur. Multiple treatment methods are tried, often to no avail. But, there is a simple yet highly effective solution without drugs, surgery or even a trip to the doctor’s office – it’s called the Fold and Hold method. (1)

Many people believe that pain happens when a bone pinches tissues or a nerve, or when it rubs up against another bone; however, muscle spasm – which keeps a muscle from stretching or contracting properly – is often the chief culprit. A structural, mechanical dysfunction of the body occurs.

By using the Fold and Hold method, pain caused by a muscle spasm can significantly improve and often completely erase by gently relaxing the “angry” muscle. This allows the body to re-align itself—painlessly!

First, identify the spastic muscle by finding a tender spot – a palpable, painful, firm knot often referred to as a zinger, an “ouch” or an “ooohhh, that really hurts.”

The Fold and Hold method involves reducing the palpable pain in the tender spot. This is done by shortening and thus, relaxing the involved muscle by folding the body over the tender spot. In this folded position, the tight muscle sleeps. Holding this comfortable position for a minimum of 90 seconds permits the muscle to get a good long rejuvenating sleep. And it will awaken in comfort, provided the return to the normal position is done so slowly. A slow, return is critical because moving too quickly can re-provoke the offending muscle.

If you suffer from back pain, tennis or golfer’s elbow, head or neck pain, wrist pain, shin splints, carpal tunnel syndrome, heel spurs, or other common muscle aches, the Fold and Hold method can often help, and provide benefits such as:

- You can do it yourself – no need for tests or “fixes” from physicians, physical therapists or chiropractors.
- It’s comfortable – remove your tender spots by finding a non-painful position.
- It’s convenient – can be done anywhere, anytime. (2)

- It provides extended pain relief by treating the cause of the pain, not the symptom.
- It requires no drugs, dietary supplements, special instruments or machines.

While this technique will work for a variety of different muscle aches and pains, three of the most common areas are lower back pain (as in the office worker above), tennis elbow and heel spurs.

1. Lower back pain – occurs in those who sit, crouch or kneel with the knee toward the chest for an extended period of time.

- **Symptoms:** In this position, the large Iliopsoas muscles that function to lift the thigh and/or bend the back forward is shortened and profoundly relaxed. With sudden standing, the abruptly startled muscle goes into spasm. The pain is aggravated additionally by lifting or straightening the leg and also by straightening the back. A tender spot, if found, is in the front of the abdomen above the public bone. However, it's often not felt because of the muscles' depth or abdominal girth.
- **Fold and Hold:** Fold by bringing the knee to the chest. This can be done by lying on the back and holding the knee to the chest, by sitting in a chair with the knee held to the chest or while sitting with the chest resting on the knees. Adjust the knee to find the ultimate position of ease. This position may appear awkward, but it should feel comfortable. Hold this position for 90 seconds. The spastic muscle is napping! Release slowly, stand up straight and gently arch the back and stretch the leg backwards causing a slight pull in the groin. If you feel better, repeat three times a day for three days ... if it's not feeling better or if feeling worse, do not continue. A muscle may not be a cause of the pain and other professional help should be sought. (3)

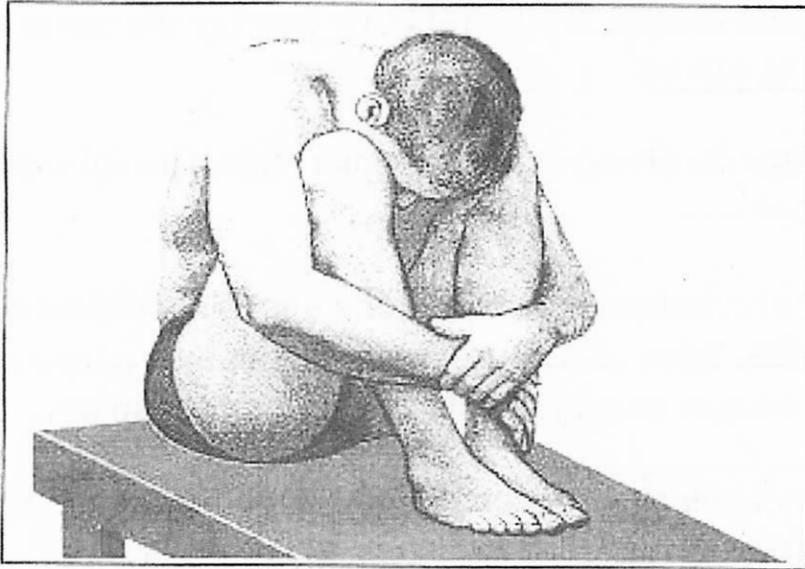


Figure 8 *Fold and Hold* for low back/abdomen pain that feels better with sitting.

## 2. Tennis Elbow Right – Pain on the thumb side of the arm, or the “funny bone”

- Symptoms: Pain occurs on the outer back or outer front of the elbow region. The pain is often aggravated when you straighten or twist the arm outward or when you flex the wrist, forearm and elbow. Grasping objects is weak and pain occurs with turning doorknobs or screwdrivers. Any activity that loads by working or stretches the extensor muscles of the forearm causes pain.
- Fold and Hold: Find the tender spot, which is usually just behind the outer back side or outer bony prominence of the elbow. Feel along the backside of the elbow first. If you don't find tenderness there, keep moving toward the front, and then to the forearm and wrist.
- Sit in a chair. Fully extend the arm and twist it outward. Place your thumb and palm on the inside of your right knee. The thumb pointing down, the palm facing out. The knob of the elbow should point toward the center of the body. Using your left hand, cup the

elbow on the backside and push up and outward to the right, extending the elbow. You might feel an uncomfortable stretch sensation in the front of the arm. If comfortable, hold for 90 seconds, release slowly. And finally stretch by fully flexing the elbow and the wrist.

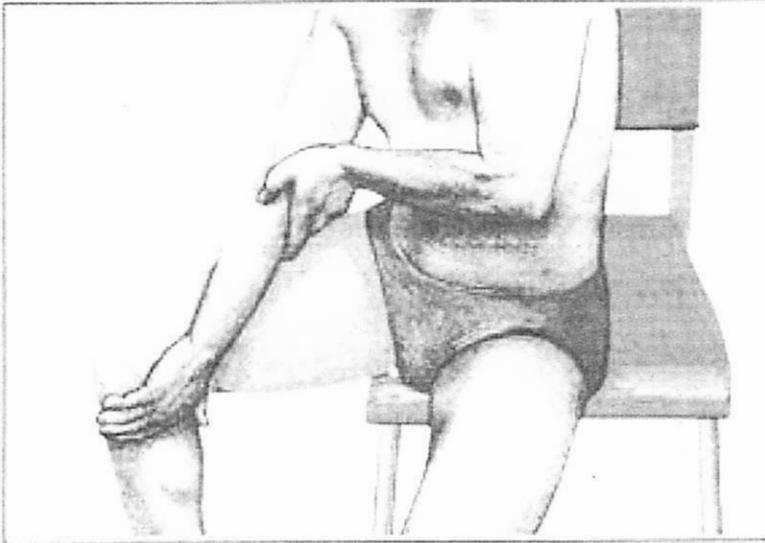


Figure 21 *Hold and Hold for tennis elbow.*

3. Heel pain/heel spur: Plantar Fasciitis – common, crippling, frustrating problem for many that develops from no apparent injury.

- Symptoms: Pain on the bottom of the foot at the front edge of the heel bone. Pain is usually present and severe at first weight bearing in the morning, and gets worse with prolonged standing and walking as the day progresses. The problem is often a tight muscle that flexes the toes. The flexor digitorum brevis attaches at the spur area of the heel bone. But the spur is not the problem—it is the result of the tight muscle pull.
- The tender spot is easy to find!
- Fold the bottom of the foot by pushing the heel toward the toes and the toes toward the heel. Hold for 90 seconds. Slowly return and (5)

stretch the bottom of the foot. Wear good arch support, soft soled shoes.

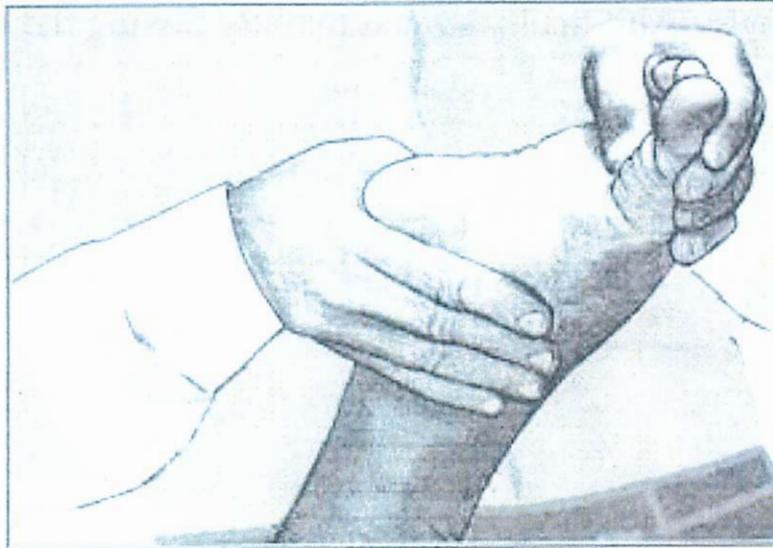


Figure 23 *Fold and Hold for heel pain/spur – assisted position*

There you have it ...three of the most common muscle aches and pains, and the simple, 90-second Fold and Hold method to solve them. To keep muscle spasms from returning, and to keep muscles strong and healthy, it's important to maintain a healthy diet and exercise and stretch on a routine basis.

*Dr. [Dale Anderson](#) is the author of "Muscle Pain Relief in 90 Seconds – The Fold and Hold Method," (Wiley and Sons) and a notable, popular and entertaining speaker who practiced medicine for nearly 50 years as a family doctor, board-certified surgeon and board-certified emergency physician. Dr. Anderson travels the country prescribing METHOD acting techniques and happiness as good medicine, and coordinates the ACT NOW project, a coalition of dramatic artists who think medically. Dale is also the author of, "Never Act Your Age." Please contact Dale at 651-484-5162 or visit [www.acthappy.com](http://www.acthappy.com). (6)*

[This article is available at no-cost, on a non-exclusive basis. Contact Dr. Anderson for details and requirements.]

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HEALTH REPORT

January 16, 1996

# ACHING MUSCLES DON'T HAVE TO DRIVE YOU CRAZY

**Y**ou can get immediate relief from many muscle spasm pains by using a fast, safe and effective "fold and hold" technique developed by a top physician and surgeon.

"By using the proper techniques you can have relief from common muscle pain in 90 seconds," said Dr. Dale Anderson, clinical assistant professor at the University of Minnesota Medical School.

"With fold and hold self-treatment, you can often relieve pain in muscles and joints without drugs or even a trip to the doctor!"

There are four basic steps to Dr. Anderson's technique: find the area of severe tenderness resulting from the spasm; fold that body part into a position in which the pain disappears; hold the comfortable position for 90 seconds, allowing the muscle to relax; return to the normal position slowly.

Here is how the fold and hold technique works for some common types of pain, according to Dr. Anderson, author of "Muscle Pain Relief in 90 Seconds — The Fold & Hold Method."

● **Heel Spur Pain.** Stand beside a chair and place the painful foot on the chair seat, sole facing upward. Exaggerate the arch of the foot by pushing the heel toward the toes with one hand. Hold for 90 seconds, then release slowly and stretch.

● **Tennis Elbow.** Sit in a chair. For the right elbow, extend right arm and rotate clockwise until thumb points downward. Place thumb and palm on inside of right knee, hooking thumb under knee. With your left hand grasp the back side of right elbow and push up and outward to your right, gently overextending elbow. Hold for 90



HEEL SPUR can be remedied with simple exercise.



TENNIS ELBOW is no match for this therapy.

seconds. Release slowly. Reverse for left elbow pain.

● **Upper Back Pain.** Take an exaggeratedly slouched position for 90 seconds, then slowly stand tall. Or, arch

your back in an exaggerated position for 90 seconds, then slowly release.

● **Wrist, forearm and inner elbow pain (golfer's elbow).** Bring the upper arm in close to the body and bend the elbow tightly. Bring the back of the wrist close to the shoulder with the fingertips pointing forward and down. Use your other hand to fine-tune the wrist and forearm into the most pain-free position. Hold for 90 seconds and release slowly.



GOLFER'S ELBOW: KO that handicap. hold method — or if it

Dr. Anderson added: "To keep muscle spasms from returning, adopt an exercise routine and other healthy habits. Regularly stretch and strengthen muscles.

"If a pain doesn't improve with the fold and hold method — or if it gets worse — stop the self-treatment and see a physician."

Dr. Arnold Fox, a California cardiologist who is one of the directors of the American Academy of Pain Management, said: "The fold and hold method is very good. It works. It can relieve muscle pain and do it quickly and simply."