

## CASE STUDY BADWATER ULTRA MARATHON WINNER

The patient is a 39-year-old female ultra marathon runner who was training to compete in the Badwater Ultra Marathon, a 135 mile race through Death Valley California in late July of 2007. I was one of the four support persons to aide her during the race.

In late June 2007, she did a 38-mile trail run, without incident. A few days later, she developed left quadriceps and lateral thigh pain. She tried to run, but could not, and even had an antalgic gait. Evaluation showed neuromuscular dysfunction of the left iliacus, psoas, inguinal, lateral trochanter and other lower extremity points. These were treated with Strain/Counterstrain, with short-term results. The runner felt that she had a quadriceps strain, but there was no mechanism of injury, and it did not fill the criteria of pain with resistance and loss of mobility in the opposite direction. However, she could not flex her hip to pick her knee up during swing phase of gait, without pain and gait deviation. Obviously, she was unable to run. She and I were frustrated with the poor response to my treatment, and on July 6, she tried a 2-mile run, but could not complete it. In mid July, I attended the Strain/Counterstrain 4 class for the second time, and the instructor Randall Kusunose introduced some new information of the correlations linking the treatment of specific Strain/Counterstrain cranial points and the positive effect on specific lower extremity weaknesses. I returned home and saw the runner on July 15, and incorporated these treatments. Initially, her left straight leg raise was 3+/5, with pain, gluteus medius 3+, piriformis 3+ and quadratus 3/5. She had also had the same return of exquisite tenderness of the left pelvis points previously treated. Within a couple of days, she had a great deal of strength return within her lower extremity, and the left anterior pelvis points were minimal as of a few days later. Evaluation on July 20 showed negligible left anterior pelvis tenderness, which was never the case, even over the past few months. Manual muscle testing showed 5/5 throughout. She decided to attempt the race, beginning on July 23. The temperature exceeded 117 degrees, with a 25 mph wind. She ended up winning the women's competition in this documented most difficult running race in the world, in 34 hours and 34 minutes, with the last 12 miles gaining over 4000 feet of elevation, where the temperature did not go below 100 degrees until 5 miles were remaining. A truly remarkable accomplishment, achieved by physical and mental toughness, and significantly aided by the Strain/Counterstrain techniques discussed previously. She recovered quickly over the next couple of days.

This experience adds to my conviction that Strain/Counterstrain in its purest form, as well as in its new and developing associated techniques, is a tremendously powerful tool. I have found the cranial techniques related to weaknesses throughout the body have been extremely helpful to aid patients, not only with chronic pain, but acute problems in the elderly, in the young, and also for a world champion athlete.

*Submitted by,*

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