



Manfred Just, (D) Forchheim
**SELF-THERAPY AND PREVENTION
WITH JUST-FIVE**

**Fit again in 5 minutes?
Without side effects?
And all by myself?**



With JUST FIVE it may be possible. Whether shoulder problems, neck tension, back pain or nerval irritations in arms and legs - with these 5 simple steps of self therapy you have the chance to prevent or eliminate these problems.

JUST-FIVE – what`s that?

"JUST-FIVE ®" is selftherapy and training. Objectives are the prevention or elimination of symptoms (pain, blockages) and the creation or maintenance of muscular balance. This method can be used by everyone at any time, without effort, without additional tools, trainer or therapist. And what is great - it works immediately! JUST-FIVE combines therapeutic elements such as Osteopathy and respiratory therapy with soft training methods like isometric muscle training or muscle relaxation techniques. These elements were selected and combined to create a form of self-therapy and training for everyday life, especially at work.

Advantages and spectrum of activity

The unique advantage of this method is the rapid effectiveness within a few minutes without risks and side effects. Thus this method is ideal for stressed and very busy people. JUST FIVE promises help for acute or chronic pain and diseases of joints, the spine and muscles, but also for scoliosis, crooked pelvis, apparent leg length differences or blood pressure problems.

How JUST-FIVE works

JUST FIVE works by the interacton of the following elements:

- ☉ symptom-free position
- ☉ interval respiration
- ☉ isolated movement

This is done in 5 steps:

- | | | |
|-----------------|---|---------------|
| 1. Test | } | Therapy Part |
| 2. Therapy | | |
| 3. Control Test | | |
| 4. Strength | } | Training Part |
| 5. Mobilization | | |

First you have to find out the symptom like blockage or pain (1). Then move the corresponding body part in the pain free and **symptom-free opposite direction** (2), accompanied by five times of a special interval breathing (inhale - pause 5 sec - exhale - pause 5 sec) and immediately verify the success of a test repetition (3).



1: Test left
Symptom triggering direction



2: Therapy to the right side of
asvmotomatic direction

The result of this part of the therapy is usually a decrease or elimination of symptoms. After improving symptoms you have to do the training with a specific part of tension / strength (4) and mobilization (5) of the Agonist and Antagonist of the symptom-direction movement, linked to a respiratory interval (2 times special breathing). The purpose is to stabilize the new situation.

The speciality here is: the therapy is always done in the



4: Tension against
resistance to the left



5: Mobilization to the left
movement by hand

body position or movement direction, which no symptoms or triggers increased. This will prevent the affected body part from additional stress. A general principle is to eliminate the pain before stress the body!

The basis for the **therapy part** are natural, anatomically and physiologically well founded processes and techniques. These are targeted to the normal activities of an overloaded or underloaded organism to maintain or to normalize malfunctions. The **training part** takes into account the functional anatomy and the principles of the back-training (slightly better lift or proper standing or sitting) and is smooth for joints and the spine.

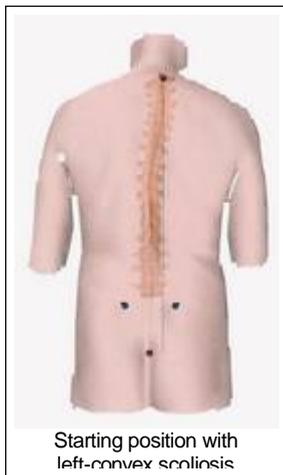
Is it to believe?

So far over 5000 participants from user seminars have experienced JUST FIVE. Many participants had positive, some even astounding success with the exercise. Some operations could be prevented, "old" suffering disappeared - and often within a short time. Currently a first large-scale study is being prepared as a thesis at the Polyclinic for Orthodontics, University of Frankfurt (Dr. Kopp). Some other work studies are planned.

Promising preliminary

I would like to present you the results of some preliminary studies of the effect of JUST FIVE-Applications to statics, Muscle tension and habitus of the participants,

The problem of that kind of research is to complete the subjective impression with a more objective measurement. We have elected the harmless 3-D measurement method according to Diers, a radiation-free alternative to X-ray.



Starting position with left-convex scoliosis

A computer simulation will be generated based on the measurement of surface elevations and declines by using a light projection of a "picture" of the spine and pelvis. This simulation shows the actual condition of the passive movement apparatus again, such as

torsion, crooked pelvis etc

Starting position and therapy

Clearly visible is a left convex scoliosis in the lumbar spine and thoracic spine area. Due to this image several test movements were carried out while the lateral bend of the torso (frontal plane) supplied the clearest symptom statement.



lateral bending of the torso to the right combined with JUST FIVE-breathing



After the exercise „lateral bending“

The appropriate application showed a successful subjective result with a increased movement amplitude, the subsequently produced image also showed a significant improvement in the area of the lumbar spine.

A further JUST FIVE-application for the lumbar and thoracic spine area, the so-called "locomotive" followed. This is a back and forward pushing of the angled lower-arms.



Exercise "locomotive" with JUST-FIVE-breathing



After „Lokomotive“

The result was a full mobility of the upper body with a rotation of approximately 60° and "subjective wellbeing", in the 3-D-measurement there was documented a nearly complete dissolution of the scoliosis.

These measurements were made each in a time interval of approximately 15 minutes. The results showed the consistency of the subjective improvement with the "objective" measurement by 3-dimensional measurement. Similar results were obtained with several other volunteers.

Summary

Whether prevention or treatment, with JUST-FIVE you have a method in your hand you can use even without waiting time and costs anywhere and self-directed, without negative consequences for the body.

About JUST-FIVE or seminars on this topic, please contact: