



Sarvotham's™
spine care



BACK TO WORK **AGAIN**

Sarvotham's Therapy



A holistic Approach for the well-being of the spine

Sarvotham a trusted name since 1982, has served over 30,000 + satisfied clients from across the globe with over 75000 + hours of dedicated practice & internal research.

Sarvotham's Therapy - MCT™ is a Native Non-Invasive Spine Speciality Therapy. It is a holistic approach for the well-being of the spine with NIL side effects.

Sarvotham's Muscle Correction technique "MCT"[™] is a traditional Hands-On Non-Invasive technique crafted exclusively for spine related ailments. This technique has been perfected and has evolved over generations.

This indigenous technique is used for correcting the spinal muscular structure providing better muscle stability, range of motion and muscle relaxation which promotes a better night's rest.

Muscular balance is the main factor for quality of movement. Certain groups of muscles have a tendency for shortness whereas fast twitching (phasic) muscles have a tendency for weakness. Muscular asymmetry could be the result of imbalance between two groups of muscles which increases the intramuscular pressure.

MCT[™] does not change the body structure but

corrects the imbalance between the various muscle groups around the spine. It relieves muscle tension and promotes mobility. Further the intervertebral column pressure is reduced along the spine, which promotes natural coordination of the spinal muscles.

Finger pressure is applied on specific points in a unique traditional sequencing pattern in a coordinated manner. The unique sequence of using these points is the key to success.

MCT[™] is a refined form of application of knowledge obtained through traditional Indian systems for health, which has passed hands-on through generations (Gupta Vidya).





CONDITIONS TO UNDERSTAND

Pain in neck & hand (Cervical)



Stiffness in the neck, numbness or tingling in a shoulder or arm, that may go down to your fingers, weakness in the hand or arm, dizziness / disorientation/ difficulty sleeping.

Pain from neck all along the head (Occipital neuralgia)



Aching, burning, and throbbing pain that typically starts at the base of the head and radiates to the scalp, pain on one or both sides of the head, pain behind the eye, sensitivity to light, sensitivity to sound, slurred speech, pain when moving the neck etc...

Pain from neck & headache (Cervicogenic headache)



In addition to a throbbing head pain, symptoms of cervicogenic headache may include pain on one side of your head or face. A stiff neck, pain around the eyes, pain while coughing or sneezing, a headache with certain neck postures or movement etc...

Pain in lower back (Lumbar)



Shooting or stabbing pain in the lower back, pain that worsens with bending, lifting, standing, coughing / sneezing, walking etc...



Pain in the leg (Sciatica)



Pain in the rear part of the leg that is worse while sitting, hip pain, burning or tingling down the leg, weakness, numbness, or difficulty moving the leg or foot, constant pain on one side of the rear, shooting pain that makes it difficult to stand up and increases while walking.

Pain while sitting (Coccydynia)



Pain while sitting that especially increases from sitting to standing position, it is generally confined to the tailbone. Pain is usually described as an aching soreness and can range from mild to severe.

Pregnancy back / Neck pain



Back / Neck pain is the most common experience in mothers-to-be and post pregnancy. Sarvotham's Therapy is equipped to care with NIL side effects.

At Sarvotham's
we care
for your well being



Some Simple **Do's and Dont's** for your well being

- Sleep Well: Early to bed early to rise
- While sleeping / lying down take a comfortable posture as you desire. Use a regular pillow and mattress which you are comfortable with or upgrade to Sarvotham's Spine Care Mattress.
- Say no to spring coil mattress (Watch if you have a sagging mattress. If so, time to upgrade)
- Don't lie down and watch television / read books / use mobile.
- Office / home chair plays an important role, use one in which you feel comfortable to work.
- Driving and riding can be taken up if the pain is bearable. One should drive slowly, be watchful while getting in and out of any vehicle, be careful when negotiating road speed breakers and potholes.

- Preferably use the front seat of the car and prefer not to sit as pillion in a two wheeler.
- It's good to consult a medical doctor for your vitamins / general health / sleeping problem. Pain medication may be used in case of an emergency as advised by your doctor. Please do not self medicate.
- Cold and cough or allergic sneezing may increase pain. If you have a chronic or seasonal problem, consult a physician immediately or seek a remedy soon. Watch for tooth infections, ear pain / buzzing. Seek help if required.
- Eat light meals and most importantly - on time. Refrain from foods that can cause allergies or discomfort in your stomach. Consumption of peanuts and sugar to be avoided.
- Obesity plays a vital role in spinal condition, especially pot belly, accumulated fat around the waist and hip areas. Consult a good diet specialist to overcome obesity for a speedy recovery.
- Stay away from all exercises including breathing exercises. One can resume exercises later which will be advised.
- Sit upright and relax, alternating between the two. Do not slouch to the sides while seated, support the lower back and rest your forearm while using a computer keyboard. Preferably use an external keyboard and mouse and alternate between standing and sitting.
- Don't cross your legs, sit with your feet touching the floor.
- Do not bend forward to lift weight or pull or push. Go down on the knees or kneel down to do an activity and rise slowly with support.
- Restrain from taking the stairs, either climbing up or down, remember running down / skipping the last step has a greater impact on the spine.
- At office / home refrain from sitting / standing / walking for more than 15 minutes at a time. Take appropriate breaks, even if it is just a few seconds. if sitting, stand for a few seconds and then go back to sitting.



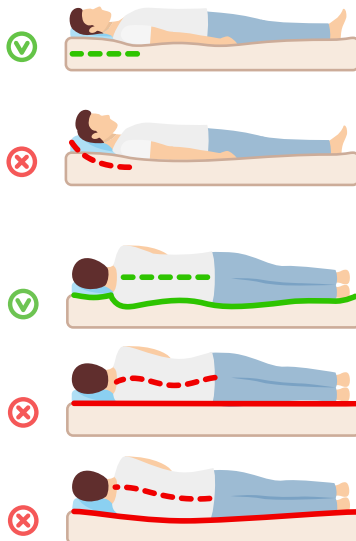
If standing, sit for a while and then stand.

If walking, take a break after 15 min, sit for a while and then resume walking

If in meetings, just stand for a few seconds and sit.

- To be observed during travelling: take an aisle seat on a flight / bus / train, walk for 20 to 30 steps / stand for a few seconds every 15 / 20 minutes. If on a road journey take a break in one hour or every 50 kilometers for a few minutes and walk.
- Very Very Important - keep a check on acidity, gastritis & constipation. If you suffer from these ailments, kindly seek help / home remedies known to you.
- Keep calm - it promotes healing faster.
- Complete bed rest is not recommended unless your condition is unbearable, periodically walk and rest as advised.

- Lumbar support / Back Belt is not a requirement, use sparingly only for travel purpose if you feel the need.
- For tailbone pain (coccydynia), sit on soft cushioned surface only, don't sit on hard surface. While getting up from seated position, be slow and gentle, avoid jerky movements.



Neck Pain



- Walking is good for individuals with cervical (neck) conditions / as advised by the therapist. While walking, if there is an increase in pain/ discomfort in a particular hand, raise it above the head and fold your hand around the head. Once the pain subsides, continue to walk / as advised by the therapist.
- No neck rotations and clicking, avoid swimming, no deep / intense breathing exercises.
- Bed rest is not recommended, go on with your day-to-day activities based on your comfort.
- Hands-free / earpiece a must while using mobile phones. Talk while walking and place the mobile in your pocket, keeping your hands free. A “minimal use of mobile phones” and touch screens is highly recommended. Always remember with neck conditions, usage of fingers for precision work may increase your pain / condition.
- Use a neck pillow / support, only during travel to prevent neck strain / whiplash.
- Be extremely gentle with hair wash and toweling to dry the hair. Prefer sun dry / blow dryer. Do not towel hard especially women, it may aggravate the cervical condition, women may visit a parlor for hair wash till condition stabilises / take assistance at home.
- Don't bend neck backwards to gargle your mouth.



Low Back Pain

- Individuals with lower back ailments should not sit and sleep on the bare floor.
- No exercises for the back / core muscles strengthening exercises. Do not use your legs to pull / push while in pain.
- Don't bend forward, push / pull table drawers while sitting and do not lift weight, especially when you feel your stomach is bloated (gastric).
- Do not fold or cross your legs while sitting on a chair / sofa / floor. Sit with both feet placed on the floor with the knee slightly raised from the chair. No sitting on the mattress with legs folded nor extended. Don't get up straight

from the bed, roll over to one side and get up. While getting up from sitting take a second before you start to walk

- Swimming and aqua exercises are a good option for a speedy recovery from lower back conditions, especially walking in the water soaked up to chest level.

With Sarvotham's Do's & Don'ts, you may feel that it's a conflict of advice from the previous doctor / therapist / professional. Their advice may favour the remedies offered by them. However it may not be suitable for Sarvotham's Therapy.

Exercise Advice

A woman with long dark hair, wearing a bright green sports top, stands in a lush green forest. Her arms are outstretched to the sides, and she has a joyful expression, looking slightly upwards and to the right. The background is filled with tall, thin trees and dappled sunlight filtering through the leaves.

Congratulations on your path to recovery

Warmup and cooling down the body a must

A warmup gradually revs up your cardiovascular system by raising your body temperature and increasing blood flow to your muscles. Warming up may also help reduce muscle soreness and lessen your risk of injury. Cooling down after your workout allows for a gradual recovery of preexercise heart rate and blood pressure.

Recovery from your neck condition

- Week one: walk slow for 20 min X 2 with 2 minutes break in between, once a day.
- Week two: walk with medium pace for 20 min X 3 with 2 minutes break in between, once a day.
- Week three: walk at your natural pace for 30 min X 3 with 2 minutes break in between, morning and evening and continue the same.
- Week ten: Start a holistic exercise approach covering top to bottom of

your body, with walking as a warmup. Continue with mild full body stretches, extending with exercises 3 days a week.

- Week fifteen: you can add a sport which you are familiar with only if your comfortable, avoid racket sport - especially badminton.
- Do not perform specific neck strengthening exercises or isometric neck exercises.

Recovery from your back condition

- Week one: walk slow for 10 min X 2 with 2 minutes break in between, once a day.
- Week two: walk with medium pace for 10 min X 3 with 2 minutes break in between, once a day.
- Week three: walk at your medium pace for 10 min X 3 with 2 minutes break in between, morning and evening and continue the same.
- Week four: your regular pace 15 min X 3 with 2 minutes break in between, morning and evening and continue the same.
- Week ten: Start a holistic exercise approach covering top to bottom of your body with walking as a warmup. Continue with mild full body stretches extending with exercises 3 days a week.

- Do not perform specific back strengthening exercises or core strengthening exercise.
- Week fifteen: you can add a sport which you are familiar with, avoid racket sport especially badminton.
- 20 minutes of swimming is strongly recommended to start with and progressively increase the same, along with aqua exercises and walking in the pool.
- If you don't know how to swim, start with only walking in the pool and basic aqua exercises and graduating to swimming, walking in the water has greater benefits for lower back conditions, with water up to the chest level.
- Yoga and other forms of exercises to be done only after 2-3 months. Start with the basics, as advised above. Observe your body to see if it is comfortably able to cope up or discuss and take specific instructions by a qualified physical instructor based on your prevailing condition before you attempt.

The Sarvotham Story



Born in Mysore, in the year 1940, V.Sarvotham, the only child out of 10 siblings who received the knowledge of healing from his father Veerabhadra, popularly known as back pain healer in his time.

V.Sarvotham is a legend who has been practicing Non-Invasive Therapy for the spine since 1982.

He has preserved traditional Indian health practices which have NIL side effects.

He is popularly known as an acupressurist and a non-invasive spine specialist.

V.Sarvotham, worked in Hindustan Aeronautical Ltd, Bangalore and was also a professional photographer by choice and was known as King of Wildlife photography.



Vijay, continues his forefather's legacy. In the year 1999, he started his career independently as a non-invasive spine therapist at the prestigious Mallya hospital, Bangalore.

His international exposure along with a research-oriented approach, gave him the edge to take the therapy to greater heights. With his expertise and experience Muscle Correction Technique (MCT™) was coined. It is popularly known as "Sarvotham's Therapy".

Vijay is also keen to integrate his methodology into the modern medical science and clinically validate the same, and make Sarvotham's Therapy available globally as a certified course.

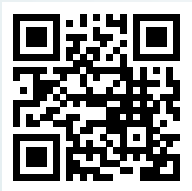
Good Sleep is a Blessing for a healthy Spine!

ACT NOW !!

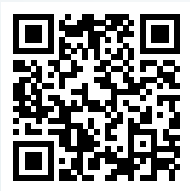
We believe in the 17th century proverbial saying – “Prevention is better than cure”.
Care for your spine ...Upgrade to Sarvotham’s Spine Care Mattress today !!!

Sarvotham’s “BACK TO WORK AGAIN”


Spine Care info QR



Mattress Info QR



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