

MyoKinesthetic System FAQs

What is MyoKinesthetic System (MYK)?

MYK (pronounced Mike) is a muscle movement technique that corrects & balances the nervous system. By resetting the nervous system, it alleviates (and eliminates pain), restores range of motion & improves posture. It is designed to get to the nerve root problem quickly & efficiently eliminating chronic and acute symptoms. It was created by Dr. Michael Uriarte, D.C. of Kansas where he currently resides and practices. He travels throughout the U.S. teaching MYK to various professionals including massage therapists, physical therapists, nurses & occupational therapists.

What ailments can be resolved or significantly helped with MYK?

MYK is a nervous system treatment; therefore, it treats neuropathies effectively & efficiently. Things like tingling, numbness, burning, stabbing, sharp, shooting pains, stiffness, & lack of range of motion. Many of these issues have been given names such as carpal tunnel, frozen shoulder, tennis elbow & golfers elbow. Many issues not normally considered a neuropathy like headaches, migraines & plantar fasciitis are also treated successfully with MYK.

How is MYK different?

A MYK treatment can range from 5 to 15 minutes. The client remains clothed. No oils or creams are used. A light or deep touch can be used to obtain the same results.

When does it start working?

As soon as you stand up. Once you stand up, the body starts using the information it has received to correct posture, relieve pain & improve range of motion. You do most of your repairing when you sleep at night; therefore, many people report more improvement after a night of sleep or even more after two nights of sleep.

How long does it last?

You can feel the effects from one treatment up to a week later, and you get exponential benefits from treatments done multiple days in a row.

How many treatments does it take?

This varies from person to person. A significant reduction or elimination of symptoms usually occurs within 4 to 8 treatments. The first 3-4 treatments are done within a short period of time, usually an 8 day period to make progress quickly.

Does it hurt?

Occasionally clients will feel discomfort after a treatment. This is a normal part of healing. If you do have discomfort, often similar to a workout soreness, then icing, heating or massaging that area is helpful to alleviate it. The area that is sore is often the tightest muscle(s) releasing.

Is it a stand alone treatment?

Yes. It also works well with other holistic modalities. Your muscles respond faster and release better as if the ball is already rolling to release tight and sore muscles and other soft tissue.