

N.Camp Dura & D. Dorsal video Shiraz

This sequence shows a combination approach of the Dura Protocol and the Deep Dorsal Fascial Line with a Lateral Fascial Line release at the end.

I left it in real time with only the transitions discussed below divided. This horse does not have a lot of body issues. She does not work consistently, nor is she ridden. She has been with me for three years to rehab PTSD from some ill-advised training. Her issues are primarily emotional and she is insulin resistant, the primary symptom being sore feet.



It is also worth noting that I did this entire routine with her the night before when she managed to walk out of the viewing field of the camera several times, which actually made for a smooth demonstration.

A. I always begin by making a connection between the heart and the spine, usually just behind the withers. This accomplishes several things:

1. It shifts my presence from the familiar to working with the energy.
2. It gives me a moment to settle and focus.
3. It gives the horse a moment to settle and focus.
4. I can assess that the Empty/Fill vascular rhythm is in place.

Next, I proceed down the back determining areas of tension and/or subluxation. And, to quote my teacher, Patries, "If you find it, fix it."

B. Beginning the Dura Protocol at the sacrum, I apply my 128 HZ tuning fork to S-2 (or wherever the tension takes me), to the end of the sacrum and the first caudal vertebra, and, often to the top of and/or the end of the dock of the tail.

I then check the motility of the sacrum and the six ways of movement it should have. If there are issues, they can be released through manual manipulation with or without the tuning fork. I, personally, trust the tuning fork's ability to release tension and find that if I direct it with my intention, it is most effective.

If need be, I do a FIT release on the 1st and any other caudal vertebrae that feel sticky or stuck.

C. Next, I move to the Deep Dorsal Fascial Line by activating the breaker points on the point of the hocks. I do both sides at the same time since it is easy enough to reach across the back and you never want to do a right or left line without doing the other side. After activating the breakers, I use a vibrating tuning fork to trace the section of the Deep Dorsal line that corresponds to the section of the spinal cord I am working with, directing the vibration toward the front of the horse (where I am going) before ending. I then search that line for “Velcro” and rub or use additional tuning fork applications to release anywhere I find that is sticky. Before moving on, I recheck the motility of the sacrum.

D. Moving to the mid-back I trace the spinal cord with the tuning fork to detect areas of tension, pausing over any areas I find, reactivating the fork if necessary. With my hands, I look to release tense tissue and chase restrictions out. Returning to the Deep Dorsal line by revisiting the breaker points on the hocks, I use a vibrating tuning fork to trace that section of the Deep Dorsal line, directing the vibration toward the front of the horse (where I am going) before ending. I then search that line for “Velcro” and rub or use additional tuning fork applications to release anywhere I find that is sticky. I check that dorsal line all the way back, through the section I have already visited.

E. Continuing with the Dura Protocol, I aim the tuning fork’s vibration at the C-7/T-1 joint from both sides. This joint is almost always restricted to some degree in horses and I find it will release in stages, so I don’t obsess over how stuck it seems to be when I first work with it.

The next point of contact I want to go to in the Dura Protocol is C-2. If, however, I find a lot of tension along the way, I apply the tuning fork there. When working on the neck, I access each vertebra laterally and from both sides. In this video with Shiraz, I paused around C-4/C-5 before getting to C-2.

The “punching” along the cervical line is gentle and serves to further release tension in deeper tissues.

Returning to the Deep Dorsal line by revisiting the breaker points on the hocks, I trace the cervical section of the Deep Dorsal line, directing the vibration toward the front of the horse at the wing of the atlas.

I then search that line for “Velcro” and rub or use additional tuning fork applications to release anywhere I find that is sticky. I check that dorsal line all the way back, through the section I have already visited.

F. I complete the Dura Protocol by addressing the atlas, occiput and TNJ joints. On horses, I always include a hyoid release because their tongues are affected by so many things people do with them.

I then check for lateral translation of the vertebrae down the entire spine, recheck the sacrum and see that a gentle rocking action, initiated at the dock of the tail, travels smoothly all the way to the horse’s head.

G. A quick Lateral Fascial line release follows and I have found that if any tension remains, especially in the cervical vertebrae, this usually releases it. I activate the breakers for the Lateral Line, midway down the cannon on the rear legs and then trace the line with a vibrating fork, ensuring I cross the hocks, stifles and hip joints in the hindquarters and C-7/T-1 as I reach the neck. This line “end” at the base of the occiput, behind the ears.

H. I check that she can:

1. Flex her dorsal line
2. Lift her sternum
3. Flex laterally
4. Drop her neck to the ground as though it is hinged from the C-7/T- joint

View this video on YouTube

<https://www.youtube.com/watch?v=cGJR01dYMJw>

For more information about Nancy Camp and Whole Horse Training

<https://www.wholehorsetraining.com/>

For information about instruction in the techniques illustrated

Patries Kortekaas, Full Spectrum Canine Therapy

<http://www.fullspectrumcaninetherapy.com/>