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Using Reiki in a Traditional Physical Therapy Business

BY KRIS DALSEG

THROUGHOUT MY CAREER as a Physical Therapist, a Certified Wound Healer and a Certified Lymphedema Therapist, I've studied many different modalities and techniques that promote healing. In September 2010, I came across a Reiki course with Karen Harrison. I remember my initial conversation with Karen, asking her about Reiki. My question to her was that I had heard we would learn how to “put out” an electromagnetic field from our hands and I wondered if that were true. She told me that I would learn how to be a channel for the Reiki energy. This all sounded very interesting to me, and so I registered for the course.

I was so excited about the experiences that I had with Reiki Level I and II. One of the most amazing outcomes for me was that I had never had such deep sleep as I had after I completed the classes. I registered for the Advanced Reiki and Reiki Master courses

as soon as I could. In July 2011, I became a Reiki Master. Since that time, I have completed the Holy Fire Karuna Reiki® Master and just recently have taken the Usui/Holy Fire II Reiki Ryoho with Karen.

In my twenty plus years as a physical therapist, I have worked in a variety of settings such as long-term care settings, long-term acute care hospitals and home health agencies. I am currently an independent contractor working with a variety of home health rehabilitation companies, doing animal rehabilitation and developing wellness programs for my clients.

After taking my first Reiki courses, I started using Reiki during my regular physical therapy sessions. I quickly found that combining Reiki with physical therapy techniques and exercises is very useful for decreasing pain and anxiety and, overall, for creating calmness in the patient.

Over the past five years, I have combined Reiki with the following treatment modalities: massage; active range of motion; contracture management; pain management; lymphedema management; balance activities and gait training (with grounding). I also develop wellness programs for clients. Usually when I develop a wellness program (after completing an evaluation of what is needed), I will draw up an exercise plan for the client. In addition, I will offer them Reiki services. Most often, my patients will continue with their home exercises on their own and request that I continue with Reiki sessions.

Two Case Studies

The first client is a 64-year-old male who asked me to develop a wellness program for him secondarily to treating a bilateral lower extremity weakness with associated balance issues. He was also experiencing bilateral foot edema.

After completing a physical therapy evaluation, I gave him an exercise program consisting of active range of motion exercises and balance activities. I also offered him Reiki services and also used my pulsed electromagnetic stimulation mat. I have been treating this client once a week for the past year. He has been consistently doing his exercises. He receives an hour of Reiki with the pulse electromagnetic mat set at a low pulsed intensity for 24–48 minutes.

Here are his outcomes: He no longer has any ankle edema, and he is demonstrating increased active ankle range of motion and increased strength. He will tell everyone that the reason he does not have any more swelling in his feet is because of these sessions. Here are two of his “priceless” outcomes of the variety that is less assured but welcome: More than one of his four-legged pets that have previously passed on visit him regularly during his Reiki sessions. The first time was during his first Reiki session. His beloved dog of 17 years had just passed away that week. He was so happy to see her again. And it gave him great peace to know that she was fine.

Another priceless outcome for this man is that he frequently tells me that overall, he is feeling better with less frequent bouts of illness.

My second client is an 81-year-old female. Her past medical history includes: chronic obstructive pulmonary disease with occasional low pulse oxygenation, angina and a protruding lumbar disc. This client had a total hip replacement in February 2016. This client received regular Reiki sessions either once a week or once every other week for the two months prior to her surgery. At that time, the patient reported that the Reiki would decrease the pain in her hip for two to three days after each session. Then, her arthritic pain would return until her next Reiki session.

The client returned home approximately one month after her surgery. She received regular physical therapy services three times a week. She also resumed her Reiki services in June. Since the time of her surgery, the patient has demonstrated excellent outcomes with her current and ongoing treatment plan, increasing her func-

tional status from ambulating with a rolling walker to ambulating without any assistive device. She has no complaints of pain. Her oxygen saturation has been gradually returning to a normal level. One of the main reasons that this client has requested to continue with her Reiki sessions is to assist with grounding and clear thinking following her surgery. She did experience mild confusion with memory deficits following her surgery. She believes that this was due to a secondary response to the anesthesia during the surgery. While there is no way to say that one specific modality has caused her to excel, I believe that the combination of Reiki with traditional physical therapy has assisted her with her rapid healing.

Combining Reiki with Other Modalities

In the case studies described above, I combined Reiki with the use of modalities that are typically used in a physical therapy clinic. As I have mentioned, frequently I use a pulsed electromagnetic field mat. Electromagnetic field therapy is often used to reduce complaints of pain, edema and to increase circulation. I also combine Reiki with an In Light Wellness Systems¹ machine, which uses light therapy for healing. In my experience, In Light Wellness therapy can tremendously increase circulation, reduce pain and reduce edema.

I find that by using these modalities with Reiki, the amount of energy channeled to the client is increased, and that is certainly one of the goals of my work: to increase my clients’ energy, vibration and health. That is why I know that Reiki is a wonderful modality to combine with physical therapy. The outcomes are undeniable: there is a marked reduction in pain and an overall promotion of relaxation.

A few years ago, I, too, experienced an injury—to my left ankle. I was distracted and stepped off of a curb and onto a rock and unfortunately sustained a hairline fracture of the fibula. Receiving Reiki was the only thing that I did for pain because it was the only thing that I *needed* to do for the pain. I recommend Reiki for everyone (not just those who have sustained injuries). Imagine what this world might be like if we could just reduce the amount of pain that people endure (and could get everyone a good night’s sleep). ❁



Kris Dalseg is a Usui/Holy Fire II Reiki Master teacher and practitioner as well as a Physical Therapist in the Dallas, Texas area. She became a physical therapist in 1992. Early in her career, she was fascinated with wound healing and as a result became a Certified Wound Specialist in 2006. To become a better wound healer, in 2009 she became a Certified Lymphedema Therapist. Kris can be contacted by email at kris.dalseg@gmail.com and through her website at kris-dalseg.com.

¹ <http://www.inlightwellness.com/>.