

# Kalevala bone-setting

## MASTERY OF ANATOMY AND PHYSIOLOGY IN COOPERATION WITH CONVENTIONAL MEDICINE

*Kalevala bone-setting and Kalevala bone-setter are EU-protected professional titles only for the use of Kansanlääkintäseura ry / Kalevalainen kansanparannus -säätiö \*).*

Kalevala bone-setting is a scientifically researched, specified, traditional, manually administered form of therapy that respects the human body tissue. When the whole body is treated, bone-setting increases mobility, relaxes muscles and membranes and invigorates the function of various tissues, metabolic systems and nerves.

Kansanlääkintäseura ry has been documenting our bone-setting tradition for thirty years. The master healers Olavi Mäkelä and Pentti Penttilä started to promote bone-setting skills in the 1960s, and their impact on the activities of the association has been remarkable. Thanks to Olavi Mäkelä's vast experience (about

30,000 treatment sessions) and knowledge of anatomy, Kalevala bone-setting has developed into what it is today. The method received EU name protection in 2005. Master healer Olavi Mäkelä himself

describes his skills by saying that it is about taking his knowledge of anatomy to a practical level.

Kansanlääkintäseura has documented the bone-setting method and cooperated with researchers and institutions with the abilities to study this method and write articles in the field's scientific journals. The first articles were published in the 1980s by Doctor Antti Hernesniemi, even before the association had been established. Re-

searchers who have studied Olavi Mäkelä's methods include Antti Hernesniemi, Valto Räsänen and Nina Zaproudina as well as Professor Osmo Hänninen.

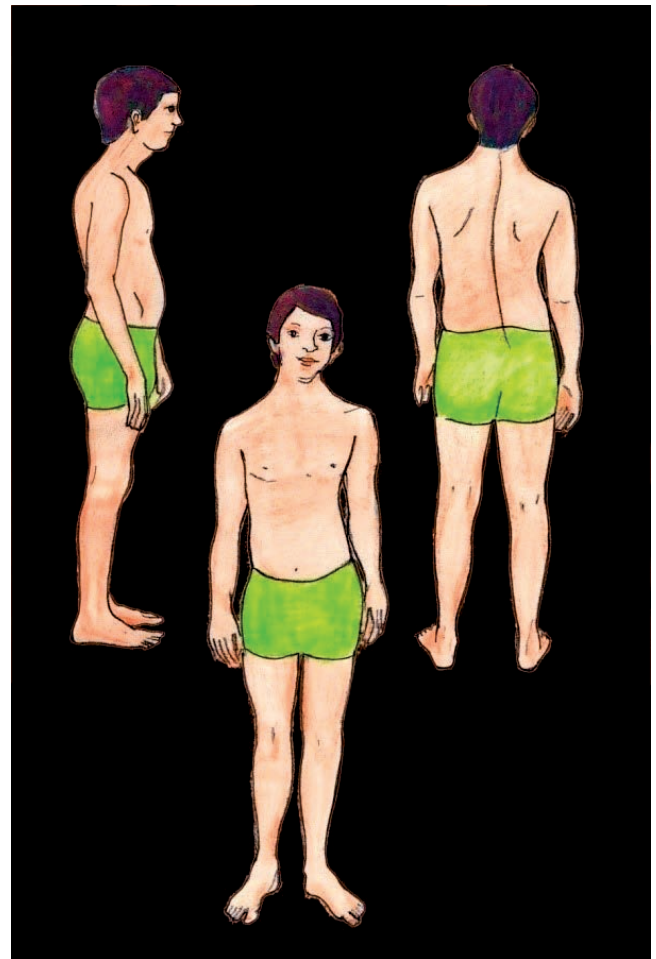


\*) Finnish Folk Medicine Association / Kalevala Folk Medicine Foundation

## POSTURAL ANOMALIES AS THE SOURCE OF PROBLEMS

Malpositions in the chains of kinetic functions can cause increased tissue pressure through the tension in muscles, membranes and tendons. As a result, cells fail to receive enough nutrition and calcium starts to accumulate on joint surfaces. This in turn causes joint malposition and imbalance of the distribution of stress on the body. Arthritis starts to develop in joints, blood does not circulate properly and cells fail to receive enough nutrition for renewal, which results in degeneration and other problems.

The nerves running through openings between the vertebrae get entrapped, which causes various problems through the nervous system, even in the function of internal organs. As the membrane structures obstruct tissue fluid circulation, various nerve impulses and metabolic defects develop.



## TREATMENT

The aim of the bone-setting treatment is to balance the structures of the musculoskeletal system. The imbalance of these structures can be felt and shown as functional muscular differences between the left and right halves of the body as well as tissue changes.

The balancing is done by mobilising tissues and exploiting the natural ranges of muscular and joint

motion and tissue fluids. During the treatment, the entire musculoskeletal system, from the soles of the feet to the base of the skull, is manipulated.

Muscular tension, tissue pressure and pain tell the bone-setter a lot about the causes of the problems, and this helps him or her to target the treatment to the entire area causing the problems, not just the painful area. Research has shown that while Kaleva-



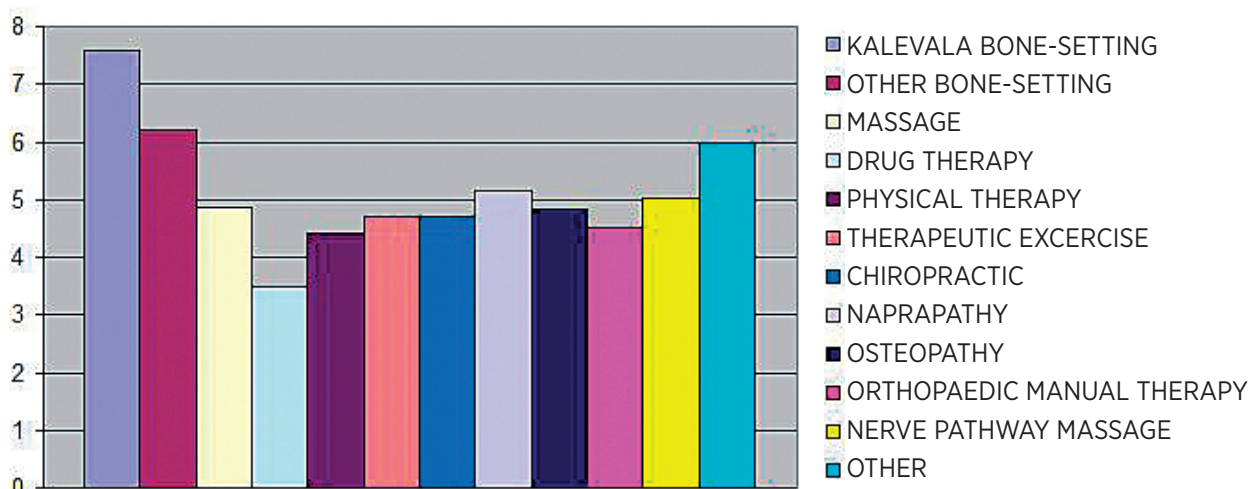


la bone-setting alleviates and removes pain, it also increases mobility and the quality of life.

The treatment always starts with an interview with the customer where the bone-setter tries to find out the background of the current musculoskeletal sta-

tus. Often the problems can date back several years. Any contraindications are also excluded and limiting factors to the treatment discussed.

The effect and uniqueness of Kalevala bone-setting has been proved by a number of scientific studies.



An evaluation of the effects of Kalevala bone-setting with a customer questionnaire. The evaluation of the effects of various treatments (on a scale from -1 to +10), over 500 questionnaires returned, University of Kuopio 2005

## EFFECTS OF THE TREATMENT

Balancing the musculoskeletal system will remove muscular tension, release membrane structures and improve joint mobility. This will result in better metabolism, increased tissue fluid and blood circulation as well as release of any nerve entrapments.

As the entire body is usually treated during the session, the effects can be varied. Even if bone-setting is technically speaking directed at muscles, tendons,

the sites of the attachments of muscles and ligaments with their adjacent connective tissues, it will also invigorate neural function and the metabolism of organ systems.

Metabolic problems diagnosed in customers with postural defects have been alleviated or eliminated by correcting the spinal or other postural defects.



Sometimes even surgical procedures have been avoided by treating the functional chains of ranges of motions. When nerves are released from entrapment and excess tissue pressure is eliminated, the pain will be gone.

The mobilising treatment in the Kalevala bone-setting method also increases tissue fluid circulation, which improves post-operative recovery. Surgical procedures have sometimes become unnecessary when the ranges of joint motion have been restored through bone-setting. Releasing entrapped nerves and excess tissue pressure can also make the customer completely pain-free.

Kalevala bone-setting has achieved good treatment results in the following conditions:

- leg length discrepancy
- growing pains
- malposition of various joints, such as the ankle and knee
- plantar fasciitis
- frozen hip
- scoliosis
- sciatica and similar conditions
- frozen shoulder
- thoracic outlet syndrome
- tennis elbow and carpal tunnel syndrome
- positional vertigo, migraine and various headaches
- infertility caused by postural defects
- babies' "colicky pains" and intestinal problems

## KANSANLÄÄKINTÄSEURA RY

Kansanlääkintäseura ry is a non-profit association. Established in 1986, it has been documenting bone-setting tradition and training new bone-setters for over thirty years. The purpose of the association is to foster folk medicine tradition, promote cooperation between folk medicine therapists and health care professionals, increase understanding and cooperation between folk medicine and conventional medicine, support research into and documentation and revival of folk medicine tradition as well as to advance the establishment of folk medicine research, treatment and training facilities to revive the folk medicine tradition.

Further information:  
[www.kansanlaakintaseura.fi](http://www.kansanlaakintaseura.fi)



Kansanlääkintä-  
seura ry

