

January 1996

**Supplementary
Report**

*The Effect of Quantum-Touch[®]
on Sports Injuries:
Basketball, Volleyball,
Swimming, Diving & Tennis*

By Richard Gordon

**A Study on the Effectiveness of Quantum-Touch
on UCSC Athletes, January 1996.**

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Supplementary Report
The Effect of *Quantum-Touch* on
Sports Injuries at UCSC, Jan 1996

Averages	Pain Before	Pain After	% of Pain Reduced	Length of Session
Mean	6.4	3.4	46.9	18.3 minutes
Median	6.0	3	50.0	12.5 minutes

Name	Page	Condition	Pain Before	Pain After	Time of Session	Swelling Reduced
Josh	1	Sore Shoulder	9	5	8 minutes	
Brent	1	Sharp Elbow Pain	8	5	14 minutes	
Kim	2	Jammed Thumb	6	2.5	7 minutes	
Stephanie	2	Sprained Ankle	8	5	15 minutes	✓
Robert	3	Sore Back	7	2	7 minutes	
Cathy	3	Bruised Ribs	7	0	12 minutes	
Stephanie	4	Sprained Ankle	5	3	40 minutes	✓
Paul	4	Back Spasms	6	4.5	30 minutes	
Kelly	5	Bruised, Jammed Arm	5	3	40 minutes	✓
Lindsay	5	Tendonitis in Shoulder	6	2	20 minutes	
Keith	6	Pain in Shoulder	5	5	16 minutes	
Justin	6	Broken Hand	5.5	1.5	19 minutes	✓
Justin	6	Carpal Tunnel	4	1	6 minutes	
Todd	7	Jammed Middle Finger	5	2	7 minutes	
Todd	7	Jammed Pinkie Finger	6	3	8 minutes	
Stephanie	7	Sprained Ankle (reinjury)	8	6	48 minutes	✓
Brian	8	Sore Back	7	3	6 minutes	
Martin	8	Back Spasms	7	5	13 minutes	
Oded	9	Knee Pain	8	5	6 minutes	
Oded	9	Shoulder Pain	7	4	6 minutes	
Stephanie	9	Sprained Ankle	6	4	65 minutes	✓
Stephen	10	Shin Splints	5	1	4 minutes	
Martin	10	Back Pain and Spasms	7	4	16 minutes	
Brian	11	Sore Back	8	5	12 minutes	
Oded	11	Knee Pain	8	5	12 minutes	
Oded	11	Shoulder Pain	7	4	13 minutes	
Stephanie	12	Sprained Ankle	4	3	55 minutes	✓
Stephen	12	Jammed Finger	4	2	7 minutes	

Discussion:

This supplementary report is based on a series of sessions, January 2 - 16, 1996, when I worked with players from a number of different sports: Basketball, Volleyball, Tennis, Swimming and Diving. My intent was to see a variety of sports injuries, in order to gain greater perspective in regard to the effectiveness of *Quantum-Touch*. Overall, the results were quite similar to the initial report.

I think that one of the more intriguing aspects of this work is its ability to bring down inflammation. In all 7 cases in this report where there was inflammation (as well as all 6 cases in the first report), the athletes reported that they could see and feel that their swelling had dramatically gone down. Athletes (like Stephanie [REDACTED]) would comment that they could now see and feel the muscles that were previously hidden by the inflammation. Typically as the inflammation went down, athletes would often report that other nearby areas would begin to feel pain. Working on these "new" spots decreased their pain and increased their mobility.

Athletes made the some sort of comments that I've grown accustomed to hearing:

- Josh [REDACTED], Jan. 2, *"I have no idea how it works but it does."*
- Robert [REDACTED], Jan. 2, *"I felt it was amazing that he could make the pain in the back go away so fast without putting too much pressure on the back."*
- Todd [REDACTED], Jan. 8, *"Wouldn't believe it if I didn't feel it."*

One common theme that I saw from these sessions was an increase in the athlete's mobility:

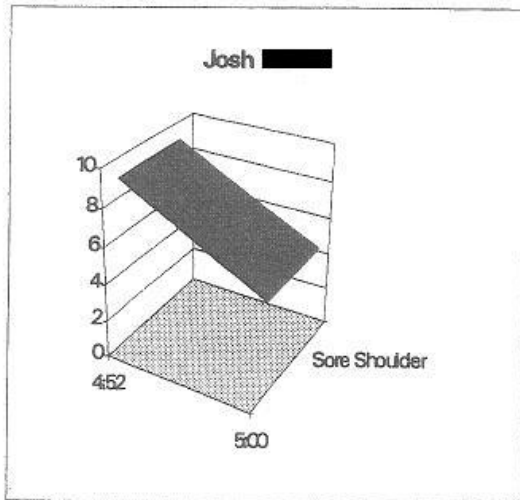
- Brent [REDACTED], Jan. 2, ... *"elbow felt looser."*
- Robert [REDACTED], Jan. 2, *"The pain in the lower back decreased by a lot and wasn't as tight as when he began."*
- Cathy [REDACTED], Jan. 4, wrote that her level of pain from Bruised Ribs went from a 7 to a 0. This allowed her to move much more freely.
- Stephanie [REDACTED], Jan 4, *"Swelling reduced even more, a lot more movement, able to point toes and move foot from side to side. Much improvement."*
- Kelly [REDACTED], Jan 5, *"I could feel an almost electrode feeling in my arm. It is easier to straighten my arm out..."*
- Lindsay [REDACTED], Jan 6, *"Does not hurt to raise my arm anymore."*
- Justin [REDACTED], Jan 6, *"Wrist pain (Carpal Tunnel) disappeared and has not come back."*
- Brian [REDACTED], Jan 8, in regard to his back, *"The pain decreased — looser not as tight."*
- Martin [REDACTED], Jan 10, *"Back muscle feels more loose. There seems to be an increase in flexibility."*

Two weeks before I met him, Justin [REDACTED] had broken his hand during a dive when his hand struck the diving board. As a result of the 25 minute *Quantum-Touch* session, he noted that his, "*Pain just disappeared from certain spots and did not return. Bone alignment of the 4th metacarpal felt better (straighter).*" Two days later when I checked up on him he told me that the pain in his hand had not returned, and he wrote that, "*Wrist pain (Carpal Tunnel) disappeared and has not come back.*" Justin had not even told me that he had been suffering from Carpal Tunnel Syndrome until after his pain had already gone away. This is another good example of how a condition other than the one I'm working on may benefit as well. As I pointed out in the first report, it is not uncommon for people to tell me for example, that their sinuses cleared up while I was working on a headache.

In this, the second report, the severity of the conditions treated were generally greater: The initial levels of pain were substantially higher (from 5.8 to 6.4), and the conditions were more often of a chronic and long term nature. The *Quantum-Touch* sessions were on average about 6 minutes longer. While the sessions still provided significant relief, the outcomes were predictably less dramatic. (See Final Analysis)

It should also be noted that chronic tendonitis (Lindsay [REDACTED]) is often far slower to respond to Quantum-Touch sessions than many other kinds of injury. While I have seen chronic tendonitis respond over a longer period of time, it does not usually improve as quickly as most other types of injuries. Chronic back spasms, (Paul [REDACTED] and Martin [REDACTED]) long standing knee problems (Oded [REDACTED]) or chronic shoulder problems (Josh [REDACTED] and Oded [REDACTED]) clearly require long term care and may be substantially more difficult to treat. In my experience, chronic problems can respond quite well to daily sessions.

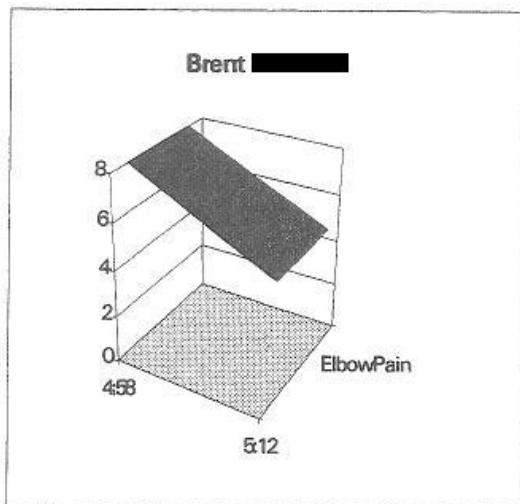
On Jan. 6, Keith [REDACTED] wrote in regard to his shoulder pain, that he had "*no noticeable relief of discomfort.*" While the Quantum-Touch method appears to provide significant benefit in the vast majority of cases, there are times when it does not seem effective. Fortunately, these cases appear to be the exception.



Josh [REDACTED]
Sore Shoulder

Date: 1/2/96
 Condition: Sore Shoulder
 Length of Condition: 4 years
 Pain Before Session: 9
 Pain After Session: 5
 Length of Session: 8 minutes
 Sport: Swimming

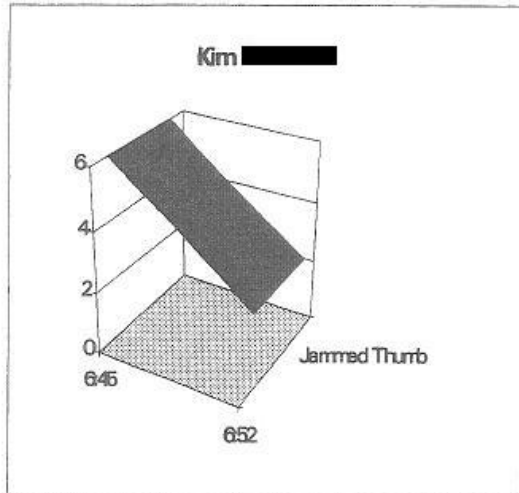
Comments: "It felt better in the shoulder. Also I was in a car accident today. I have no idea how it works but it does."



Brent [REDACTED]
Sharp bone pain in Elbow

Date: 1/2/96
 Condition: Sharp bone pain in elbow,
 Length of Condition: 2 weeks
 Pain Before Session: 8
 Pain After Session: 5
 Length of Session: 14 minutes
 Sport: Swimming

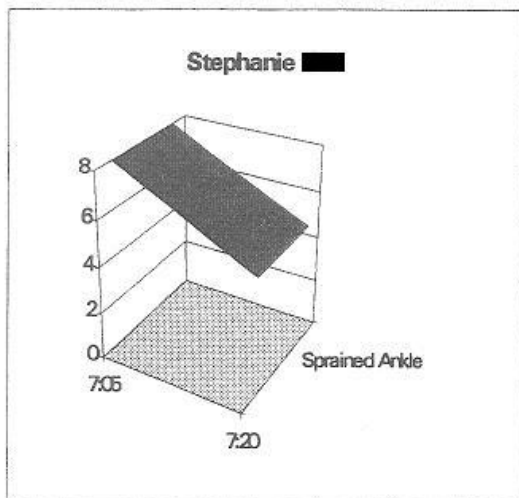
Comments: "Elbow felt looser - it enjoyed the attention."



Kim [REDACTED]
Jammed Thumb

Date: 1/2/96
 Condition: Jammed Thumb
 Length of Condition: 1 hr.
 Pain Before Session: 6
 Pain After Session: 2.5
 Length of Session: 7 minutes
 Sport: Basketball

Comments: "My thumb was throbbing and I was experiencing heat and pain in area of thumb joint. After session - thumb was not throbbing - heat lessened and the pain decreased to a tolerable level."

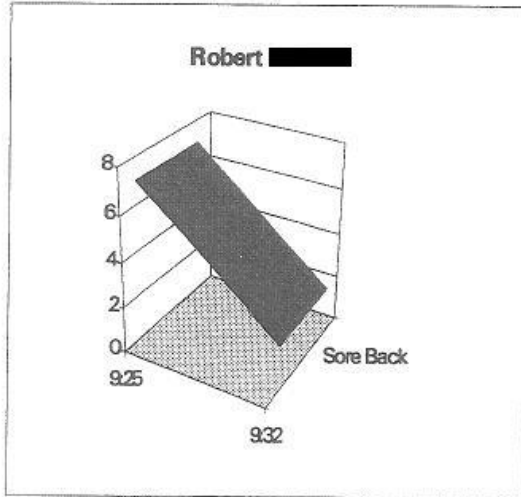


Stephanie [REDACTED]
Sprained Ankle

Date: 1/2/96
 Condition: Sprained Ankle - can't put any pressure on it - using crutches, sprained on both sides.
 Length of Condition: 3 days
 Pain Before Session: 8
 Pain After Session: 5
 Length of Session: 15 minutes
 Sport: Basketball

Comments: "My ankle had more movement and less swelling after the session. The improvement wasn't too dramatic, but there definitely was some. Maybe it would have been even better had the session not been cut short."

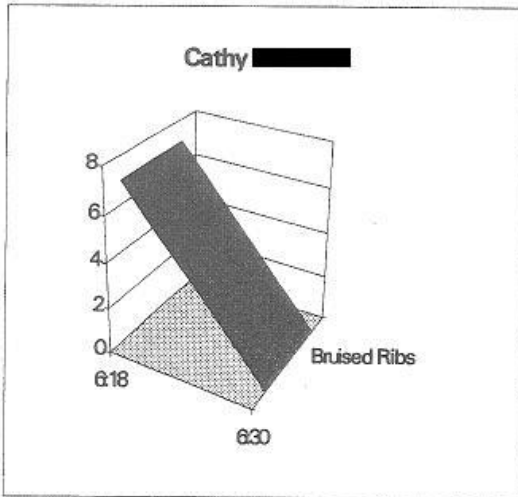
(She had to leave.)



Robert [REDACTED]
Sore Back

Date: 1/2/96
 Condition: Sore Cramping in Back
 Length of Condition: 3 days
 Pain Before Session: 7
 Pain After Session: 2
 Length of Session: 7 minutes
 Sport: Basketball

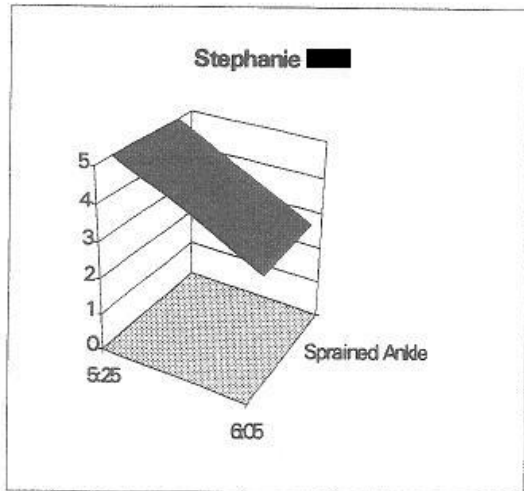
Comments: "The pain in the lower back decreased by a lot and it wasn't as tight as it was when he began. I felt that it was amazing that he could make the pain in the back go away so fast without putting to much pressure on the back."



Cathy [REDACTED]
Bruised Ribs

Date: 1/4/96
 Condition: Bruised Ribs
 Length of Condition: 2 weeks
 Pain Before Session: 7
 Pain After Session: 0
 Length of Session: 12 minutes
 Sport: Basketball

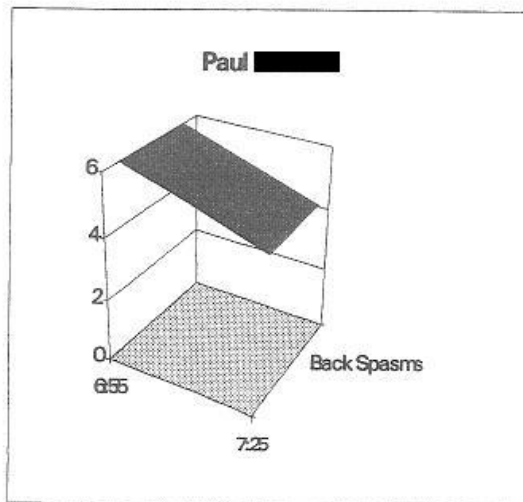
Comments: "Able to bring the pain to a much lower discomfort by just the touch of his hands."



Stephanie [REDACTED]
Sprained Ankle

Date: 1/4/96
Condition: Sprained Ankle
Length of Condition: 6 days
Pain Before Session: 5
Pain After Session: 3
Length of Session: 40 minutes
Sport: Basketball

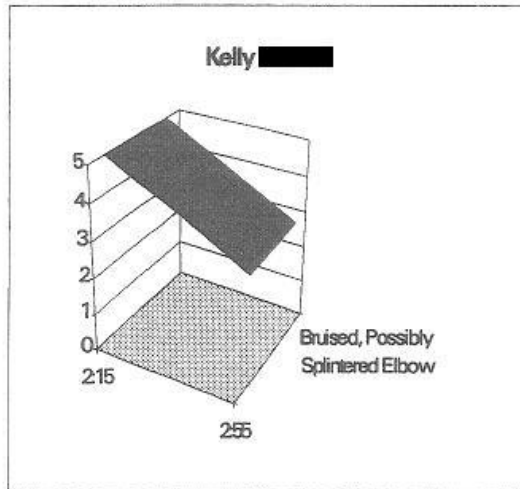
Comments: "Swelling reduced even more, a lot more movement, able to point toes and move foot from side to side. Much improvement."



Paul [REDACTED]
Back Spasms

Date: 1/4/96
Condition: Back Spasms
Length of Condition: 5 months
Pain Before Session: 6
Pain After Session: 4.5
Length of Session: 30 minutes
Sport: Basketball

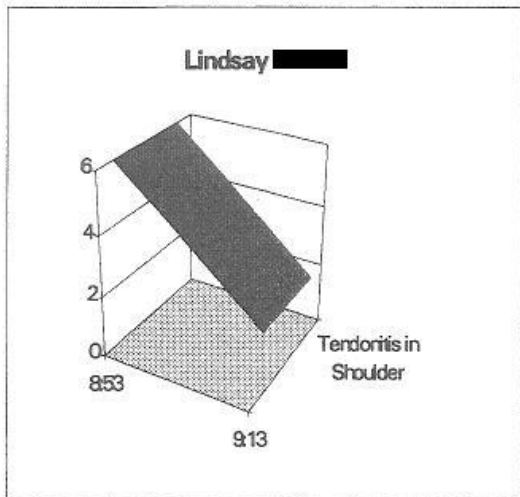
Comments: "Unusual sensation - some relief of tension - relaxing."



Kelly [REDACTED]
Bruised, Jammed, Possibly Splintered
Elbow Arm and Elbow.

Date: 1/5/95
 Condition: See above.
 Length of Condition: 1 week
 Pain Before Session: 5
 Pain After Session: 3
 Length of Session: 30 minutes
 Sport: Swimming/Diving

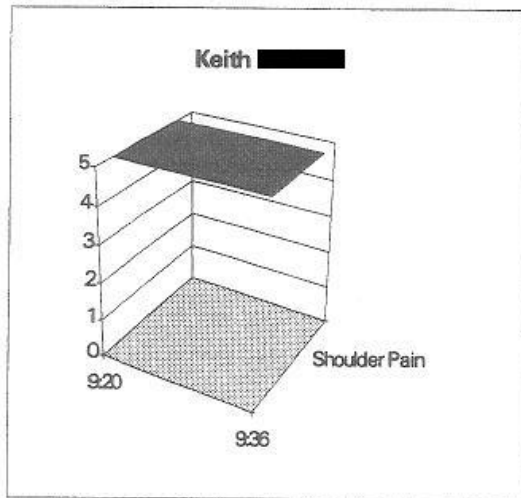
Comments: "I could feel an almost electrode feeling in my arm. It is easier to straighten my arm out. I think this type of healing is really great. Quickly recovering from an injury is really important. Swelling went down."



Lindsay [REDACTED]
Tendonitis in Shoulder

Date: 1/6/96
 Condition: Tendonitis in Shoulder,
 shooting pain discomfort when swimming.
 Length of Condition: 6 years
 Pain Before Session: 6
 Pain After Session: 2
 Length of Session: 20 minutes
 Sport: Swimming

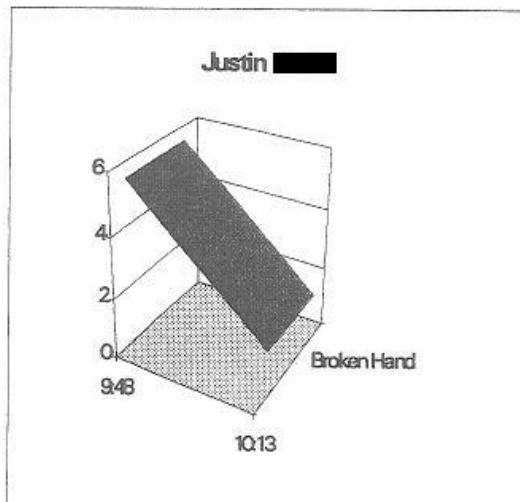
Comments: "It will be difficult to assess absence/presence of pain until I use the shoulder to swim. Does not hurt to raise my arm anymore. Tendonitis pain came back after swimming a little - Muscle tightness went away."



Keith [REDACTED]
Pain in Shoulder

Date: 1/6/96
 Condition: Shoulder Pain
 Length of Condition: 1.5 weeks
 Pain Before Session: 5
 Pain After Session: 5
 Length of Session: 16 minutes
 Sport: Swimming

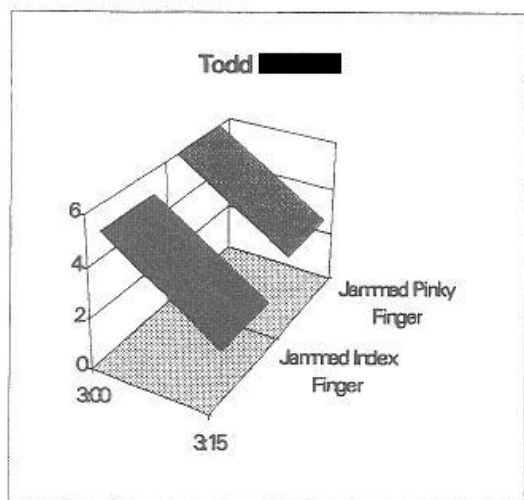
Comments: "Slight tingling in 2nd and 3rd fingers of left arm during therapy. No noticeable relief of discomfort."



Justin [REDACTED]
Broken Hand

Date: 1/6/96
 Condition: Broken Hand - Throbbing Aching, and Swelling
 Length of Condition: 2 weeks
 Pain Before Session:
 Throbbing 5, Aches 6, Swelling 3
 Pain After Session:
 Throbbing 1, Aches 2, Swelling 1
 Length of Session: 25 minutes
 Sport: Swimming/Diving

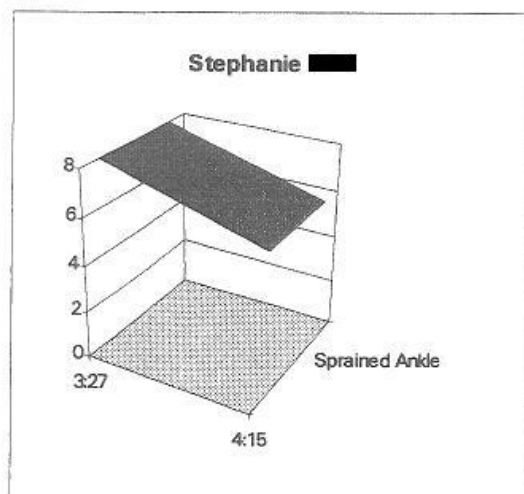
Comments: "Pain just disappeared from certain spots and did not return. Bone alignment of 4th metacarpal felt better (straighter). 1/8 : Wrist pain (Carpal Tunnel disappeared and has not come back."



Todd [REDACTED]
Jammed Fingers

Date: 1/8/96
 Condition: Jammed Index Finger,
 Jammed Pinkie Finger
 Length of Condition: 10 minutes
 Pain Before Session: Index 5, Pinkie 6
 Pain After Session: Index 2, Pinkie 2
 Length of Session: 15 minutes
 Sport: Basketball

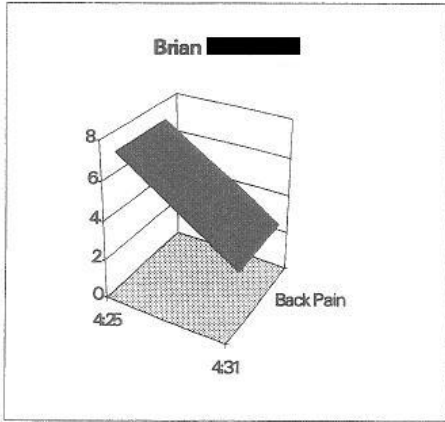
Comments: "Wouldn't believe it if I didn't feel it."



Stephanie [REDACTED]
Sprained Ankle

Date: 1/8/96
 Condition: Sprained Ankle (Re-injury)
 Length of Condition: 10 days
 Pain Before Session: 8
 Pain After Session: 6
 Length of Session: 48 minutes
 Sport: Basketball

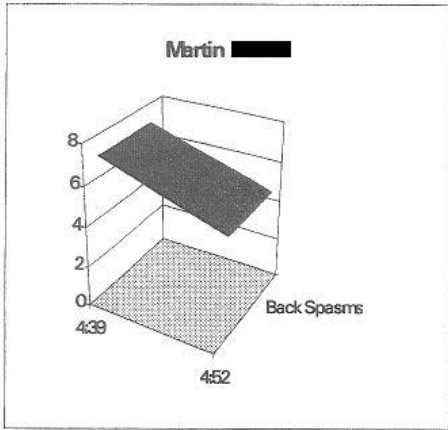
Comments: "Swelling down, pain is a little less. It feels stronger and healthier."



Brian [REDACTED]
Back Pain

Date: 1/8/96
 Condition: Bad Back
 Length of Condition: A Couple Months
 Pain Before Session: 7
 Pain After Session: 3
 Length of Session: 6 minutes
 Sport: Tennis

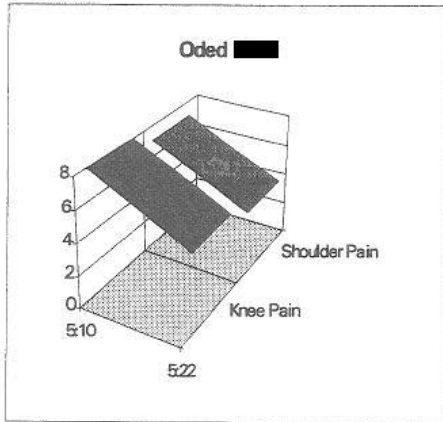
Comments: "The pain decreased — looser, not as tight."



Martin [REDACTED]
Back Spasms

Date: 1/8/96
 Condition: Back Spasms
 Length of Condition: 4 days
 Pain Before Session: 7
 Pain After Session: 5
 Length of Session: 13 minutes
 Sport: Volley Ball

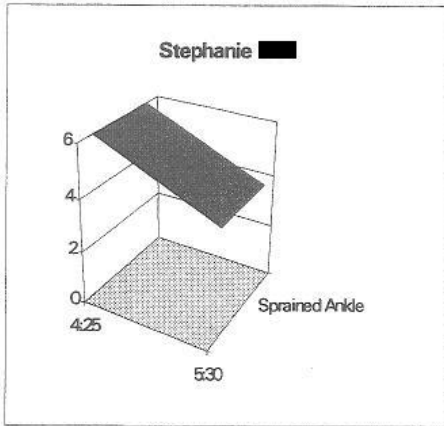
Comments: "Muscles seemed more relaxed."



Oded ■■■
Knee and Shoulder Pain

Date: 1/8/96
 Condition: Knee Pain
 Shoulder Pain
 Length of Condition: Knee 5 years, (off and on.) Shoulder 2 years
 Pain Before Session: Knee 8, Shoulder 7
 Pain After Session: Knee 5, Shoulder 4
 Length of Session: 12 minutes
 Sport: Volley Ball

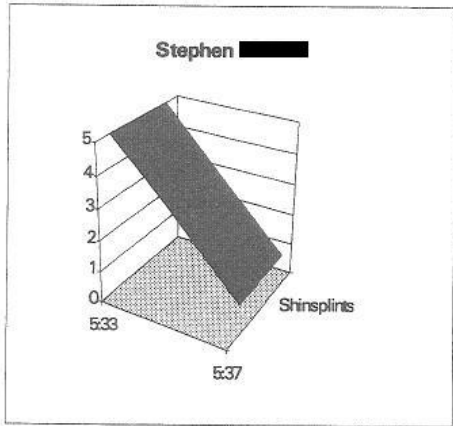
Comments: "Relaxing to the concentrated muscle area."



Stephanie ■■■
Sprained Ankle

Date: 1/9/96
 Condition: Sprained Ankle
 Length of Condition: 11 days
 Pain Before Session: 6
 Pain After Session: 4
 Length of Session: 65 minutes
 Sport: Basketball

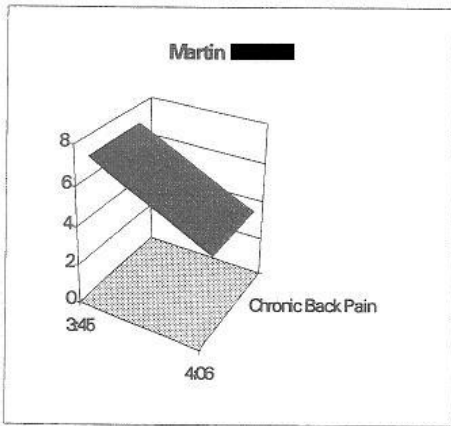
Comments: "Ankle feels a lot more loose, pain is going away, continuing to feel stronger. Inflammation going down. Can put some pressure on it."



Stephen [REDACTED]
Shin Splints

Date: 1/9/96
 Condition: Shin Splints
 Length of Condition: 1 week
 Pain Before Session: 5
 Pain After Session: 1
 Length of Session: 4 minutes
 Sport: Basketball

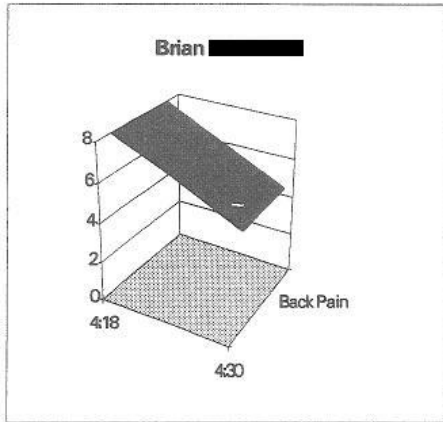
Comments: None



Martin [REDACTED]
Chronic Back Pain
(acute shooting pain)

Date: 1/10/96
 Condition: Acute shooting chronic back pain.
 Length of Condition: 4 years
 Pain Before Session: 7
 Pain After Session: 4
 Length of Session: 21 minutes
 Sport: Tennis

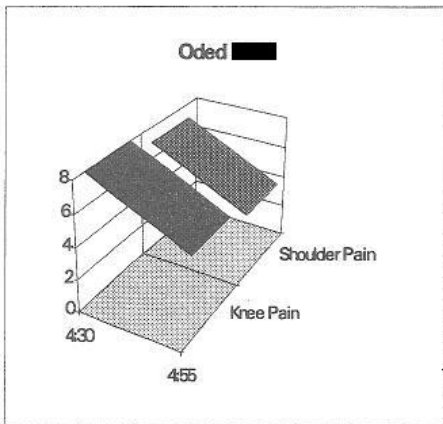
Comments: "Back muscle feels more loose. there seems to be an increase in flexibility."



Brian [REDACTED]
Back Problems - extreme pain

Date: 1/10/96
 Condition: Back problems - tenses up, extreme pain.
 Length of Condition: A couple of weeks
 Pain Before Session: 8
 Pain After Session: 5
 Length of Session: 12 minutes
 Sport: Tennis

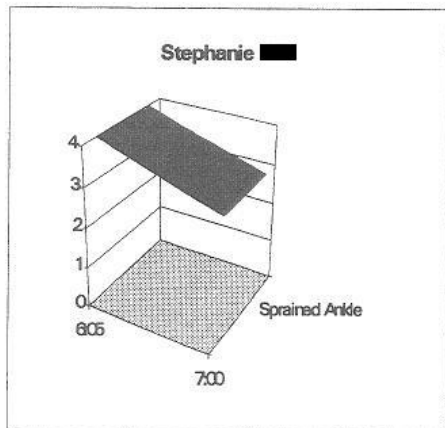
Comments: "Loosened up if moved - not as tight."



Oded [REDACTED]
Knee Pain, Shoulder Pain

Date: 1/10/96
 Condition: 1) Right Knee - sharp pain when jumping
 2) Right Shoulder - sharp pain with arm swing.
 Length of Condition: Knee 4 years.
 Shoulder 2 years.
 Pain Before Session: Knee 8 Shoulder 7
 Pain After Session: Knee 5 Shoulder 4
 Length of Session: 25 minutes
 Sport: Volley Ball

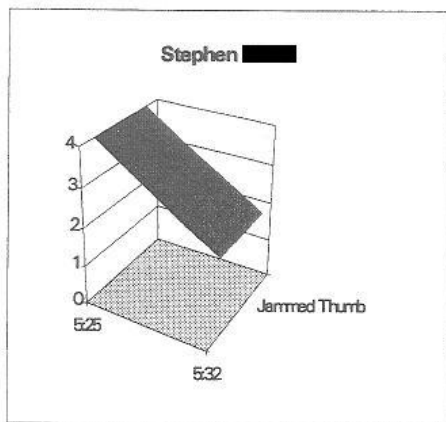
Comments: "Relaxing and penetrating sensation."



Stephanie [REDACTED]
Sprained Ankle

Date: 1/10/96
Condition: Sprained Ankle
Length of Condition: 12 days
Pain Before Session: 4
Pain After Session: 3
Length of Session: 55 minutes
Sport: Basketball

Comments: "Little more movement, swelling down, pain slowly decreasing."



Stephen [REDACTED]
Jammed Thumb

Date: 1/16/96
Condition: Jammed Thumb
Length of Condition: 1 day
Pain Before Session: 4
Pain After Session: 2
Length of Session: 7 minutes
Sport: Basketball

Comments: "Pain lessened; was a bit stiffer; more mobility in thumb."