

Muscle clamps and patterns as an emotional disturbances reflection: Wilhelm Reich's armour concept

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Abstract: Wilhelm Reich's theory of 'muscle defense' remains an important chapter in the history of psychology, psychotherapy and psychoanalysis. His exploration of the mind-body interaction and the role of emotional experience in physical health challenged conventional wisdom. Although his life was marred by controversies, his ideas continue to resonate with those seeking a holistic approach to healing and well-being.

Application of his ideas is seen in the work of George Goodheart who proposed a method of functional muscle testing which made it possible to obtain biological feedback from the body due to which the emotional disorders more accurately diagnosed.

Indexing Terms: Chiropractic; Wilhelm Reich; George Goodheart; psycho-emotional disorders; muscle patterns.



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Introduction

*'There is only one indisputable reality in the life of every person;
this is his physical existence, or the existence of his body.*

*There is no form of mental existence of a person that would be independent of his
physical body'*

'Depression and the Body' A. Lowen

Recent decade's scientific research and discoveries prove that any emotional shocks, experiences and stresses are reflected in the body and are fixed at the somatic level. That's why, for example, the basis of post-traumatic stress disorder treatment is working with the body and its memories.

According to Feldenkrais method, an expressed positive effect is achieved in cerebral palsy, developmental delay, autism and psychomotor disorders during working with the body. All forms of kinesiotherapy have an expressed influence not only on structural dysfunctions, but also on the patients' emotional state. The close connection between the body and the psychics is quite obvious to thinking

... emotional experiences, especially in early childhood, can lead to physical tension and rigidity formation in certain muscle groups. This kind of armour protects a person from the intensity of their emotions. However, over time, muscle defense becomes chronic, stimulating the emergence of a number of disorders ...'



practitioners today. But it was not always so.

The psycho-emotional sphere diseases and disorders were considered separately from the body until recently. We need one person genius to see the evident. That person was Wilhelm Reich. His theory of '*muscle protection*' revolutionised the understanding of psychics and body interconnection.

Wilhelm Reich was born on March 24, 1897, in Dobsau (Lviv Region, Ukraine now). The early death of his mother and a difficult relationship with his authoritarian father played a role in his later psychological theories formation and his own mental problems.

Reich began his career in psychology under the guidance of Sigmund Freud. He became an active member of the Vienna Psychoanalytic Society, where he immersed Freud's teachings and contributed to the psychoanalytic movement. However, in 1929, he completely broke off relations with his teacher because of the differences concerning neuroses aetiology understanding and exited from classical psychoanalysis.

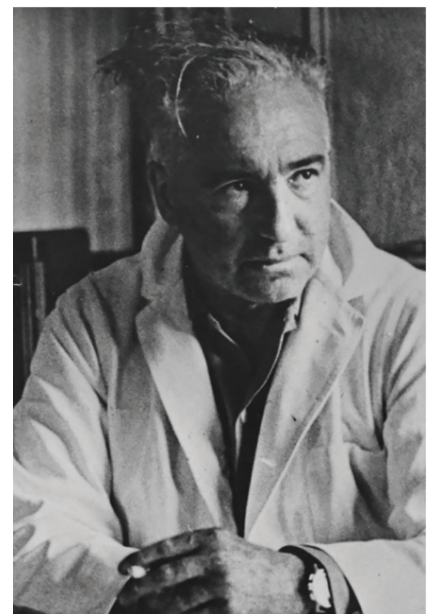
Reich's route to '*muscle defense*' theory can be traced back starting with his clinical work with patients. Being a qualified physician, Wilhelm Reich worked in a psychiatric clinic and treated patients with schizophrenia. He noticed that patients with similar diagnoses had similar physical characteristics: their chests were drawn in, their muscles were tense, they had difficult speaking and they avoided making eye contact with their interlocutor. He observed that emotional and psychological disorders were often accompanied by physical tension and body's discomfort. Reich suggested that this tension was not accidental, but rather had a form of body defense to manage with both emotional pain and trauma.

The researcher came to the conclusion that emotional experiences, especially in early childhood, can lead to physical tension and rigidity formation in certain muscle groups. This kind of armour protects a person from the intensity of their emotions. However, over time, muscle defense becomes chronic, stimulating the emergence of a number of disorders.

Reich was the first among psychoanalysts who started to practice not just sitting opposite the patient and having a conversation with him but to include certain manipulations during the therapeutic session. Such combined therapy efficacy was significantly higher: patients got rid of neuroses and obsessive states faster. However, this contradicted the rules and norms of classical psychoanalysis where any physical contact between the psychoanalyst and the patient was completely excluded.

This cause-and-effect relationship allowed Reich to make a crucial discovery: mental processes are reflected inside the body, and unreacted emotions are fixed in the form of muscle clamps. A person accumulates emotions in the body during his life creating muscle configurations that Reich called muscle armour. Muscle rigidity is thus an analogue of '*clamped*' emotions. For example, a throat spasm occurs when anger and crying are suppressed, and pelvic muscles spasm occurs when sexuality is suppressed. According to Reich, a person free from armour does not have stereotypical movements and rigid reactions. Shyness, anxiety, aggressiveness etc. as manifestations of character traits are not characteristic of him.

Muscle tension accompanies a person during all life and is not just a manifestation of concealed emotions, it reflects the developing character. A characteristic shell that protects each person from the expression of his own emotions develops during life. It is developed as a defensive reaction towards emotional and psychological pain or trauma, in response to social stereotypes, the opinions of others and their condemning assessment, upbringing which suppress emotions.



Wilhelm Reich (1897 – 1967)

The shell is formed often in the early stages of development, especially in response to experiences of emotional neglect, abuse or other serious stressors. The main shell function is to protect against displeasure. The body pays for this protection its capacity for pleasure reduction. A person restrains his emotional manifestations under the influence of external restrictions, it forms a 'restraint pose', muscle tensions that block three basic emotions; anxiety, anger and sexuality (fear, rage and sexual arousal). A bodily association is created to what in psychoanalysis is called 'defenses' which all together create a neurotic character.

Muscle block

This protective armour can become chronic over the time and deeply embedded inside the muscle structure of the body. The muscle block characteristic property is the ability to persist long after the end of situation that provoked its appearance. Muscle block manifests itself as chronic tension, stiffness and rigidity in certain muscle groups all over the body. These areas of tension can vary from person to person but they are often associated with patterns of restrain or contraction. Muscle block manifestation can lead to physical discomfort, pain and limited movement. Psychologically, it can also lead to a decrease in the ability to freely access and express emotions. Muscle block is quite difficult undergone to conscious relax. It intensifies after certain emotional stimuli. Therefore, not only unpleasant sensations are blocked but also natural feelings are distorted.

In his book *Analysis of Character* Reich wrote: '*Character consists of a chronic change in the EGO, which can be called as rigidity. This is the background of the human behaviour chronic character model. The protection from both external and internal dangers is the sense of such behaviour. A defense mechanism that has become chronic would be more correctly called armour, which inevitably reduces overall mental mobility*'.

Reich was the first in psychiatry who started to make use of systematic analysis and character interpretation. He believed that each character trait is reflected in a certain pose. Character is most fully manifested in facial expressions, gestures, body position at rest, gait, posture, behaviours which are less controlled by consciousness and are the product of a person various mental states. Character is less manifested in words, words can lie but the body never lies. (1) And since characterological features are perceived by a person as a part of the personality, they are more difficult to correct compared with neuroses.

Reich found that certain muscle clamps are clearly connected with certain emotions. The emotion will come out if you 'eradicate' the clamp. And vice versa, the corresponding muscle clamp will disappear in case if you release the emotion. As a result, with the help of psychotherapy and other therapeutic methods it is possible to release and dissolve muscular armour which will lead to emotional and physical healing. Reich was the first in psychotherapy who used direct physical influence on the patient's tense muscles, massage, kneading, shaking, etc. as well as deep breathing which was later proposed in the S. Grof's method of pneumocatharsis.

Reich called his method of treatment as '*vegetotherapy*'. He used the definition '*vegeto*' to refer to biological energy, (2) which he believed to be the life basis. The idea of the method was to restore the balance of this energy in the body, since, according to Reich, muscle armour arises precisely at the level where the flow of this energy is blocked. Vegetotherapy included physical and psychological

1. In the famous TV series "Lie to Me" Dr. Lightman conducts extraordinary and elegant investigations. He is an expert on lies! By observing other people's facial expressions, gestures and behaviour, he determines when people are lying and what emotions they are trying to hide. And in Paul Ekman's book "The Psychology of Lying: Lie to Me If You Can" non-verbal signs of unspoken emotions are revealed in detail.

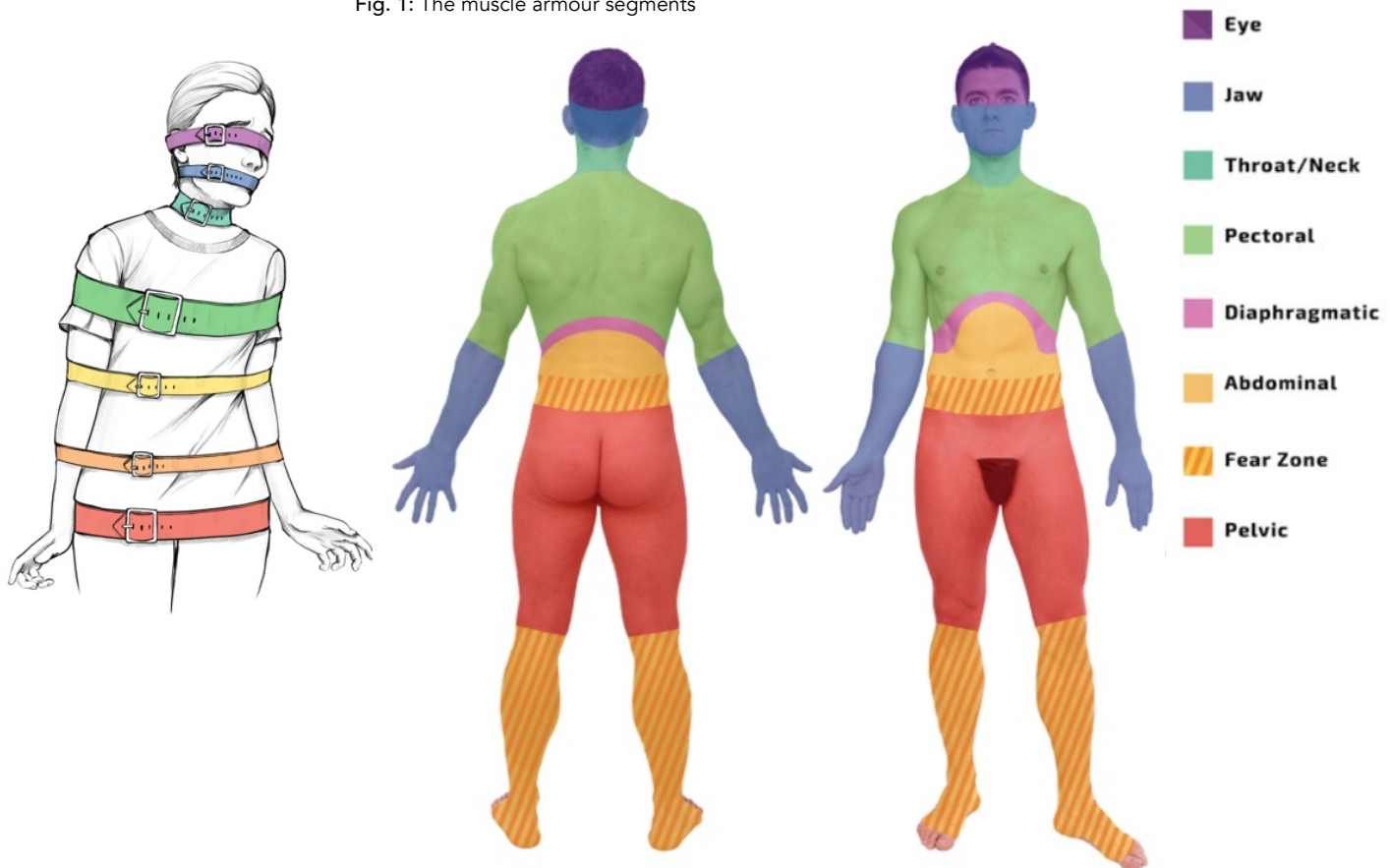
2. One of the Reich's theory key elements is the concept of orgone energy (as he later started to call biological energy). He proposed that this vital energy flows through the body and is closely linked with muscle armor. When emotional experiences block the natural flow of orgone energy, this can lead to physical and psychological disorders. Reich's therapy, known as "orgone therapy," aimed to release blocked orgone energy and restore its flow throughout the whole body. He believed that one of the muscle armoring main signs is the inability to orgasm experience throughout the body which should spread throughout the body rather than be localized in one place. Hence is the background of the name: "orgone energy." Orgone energy can be stored and transferred to the patient. Orgone energy controls emotional expressions and body movements. He even developed a device called the "orgone accumulator" which, he believed, could store and concentrate orgone energy for therapeutic purposes. With the help of these batteries, Reich treated such diseases as cancer, angina and many others. It should be stressed that the results of treatment did not have clear scientific confirmation.

methods aimed to energy flow inside the body releasing and expanding to achieve physical and mental well-being.

According to Reich's theory, the muscle armour has a segmental structure represented by seven levels (rings) consisting of muscles and organs and located in a horizontal plane (Fig. 1).

The indicated levels of muscle clamps correspond, according to Reich, to the level of biological energy block.

Fig. 1: The muscle armour segments



Wilhelm Reich believed that this muscle armour releasing and dissolving was crucial to both emotional and physical healing. He developed therapeutic methods and approaches to solve this problem, including the following directions:

1. Psychotherapy

Reich's therapeutic approach included talk therapy during which people explored and discussed their emotions and precedent traumas. The idea was to bring suppressed emotions to the surface and process them. To determine the causes of muscle armouring, Reich analysed his patients' postures and physical habits, this helped them to realise how feelings and emotions were suppressed by different parts of the body. He often adopted elaborate poses himself while replicated the patient, imitated his patients' gestures, asked them to intensify their facial expressions.

Patients claimed that during the course of therapy they were able to go through their childhood periods when they learned to suppress anxiety, hatred or love with the help of certain actions that affect vegetative functions. Such actions include the abdominal muscles tension, the teeth clenching, holding the breath, etc.

2. Body

Reich introduced the use of physical techniques to relieve muscle tension; relaxation exercises, bioenergetic exercises, qigong, yoga. Direct influence on chronic muscle blocks in the form of massage, kneading, stretching, pinching, etc.

3. Respiration

Reich stressed the importance of deep, natural respiration as a means of energy accumulation, tension release and suppressed emotions access. His therapy included techniques such as '*connected breathing*' and '*holotropic breathing*'.

4. Character

Reich developed the concept of character structure in which certain personality traits and psychological defences were linked to certain patterns of muscle defense. Character analysis was aimed to these character structures recognition and eradication. The method of muscle clamps removing involves alternately the armour unraveling in each of the segments from top to bottom (Table 1).

Table 1: Main characteristics of muscle armour segments and equivalent correction methods

| Level (segment) | Clinical manifestations | Suppressed emotions | Correction |
|-----------------|--|---|---|
| Eye ring | Forehead stiffness, the wrinkled forehead with drawn-together eyebrows or eyebrows raised in surprise; dull and expressionless eyes, "empty" expression of the eyes, shifting gaze. Circular headache – compression of the head from all sides ("neurasthenic helmet"). Tension and pain in the eye muscles resulting in headaches | Crying, screaming, anger (from a feeling of inadequacy, low self-esteem, derogatory attitude towards oneself) | Exercises for the forehead and eyes muscles. Open your eyes as much as possible and move them. Eye exercises |
| Oral ring | Tightness of the chin, back of the head and throat muscles. Excessively relaxed (drooping jaw) or excessively clenched jaws ("squeezes words through teeth"), bruxism (including daytime), lumps on the cheekbones, abrasion of tooth enamel. Sucking and gnawing on pens, nails, chewing and sucking on shirt collars, etc. | Crying, screaming, anger | Limitation of gagging movements, crying, sounds that tense the throat muscles, kneading, biting, lip movements, grimacing, massage of the facial and forehead muscles |

| | | | |
|--------------------|--|--|--|
| Neck ring | The neck and tongue muscles tension. Constant coughing, continuous swallowing, sensation of a lump in the throat, gesture of grasping the throat with the hand | Crying, screaming, anger | Singing, cruel screaming, gagging, tongue sticking out, screaming, head tilting and turning |
| Pectoral ring | Muscle pain at the level of the scapulae, pectoral muscles, rib cage, shoulder girdle, arms. Protruding or sunken chest, raised or limply drooping shoulders. Holding your breath as a reaction to any emotion. Desire to hide your hands (in pockets, under yourself, in sleeves, etc.). Noisy, ragged breathing, difficulty breathing, feeling of lack of air. Cold or hot and damp hands. Rubbing your hands, desire to twirl something in your hands. | Laughter, anger, sadness, passion. Resentment (area below the jugular notch of the sternum, "stone on the heart", "knot of anger" between the shoulder blades), melancholy (middle of the sternum). Conflict "want-need" | Respiratory exercises, muscle stretching |
| Diaphragmatic ring | Diaphragm, solar plexus, epigastrium, internal organs, spinal muscles at this level. Hyperlordosis of the spine. Exhaling air is more difficult than inhaling (as in bronchial asthma). Inability to vomit (even in cases of severe poisoning) or, conversely, too frequent nausea and vomiting not related to medical reasons | Strong anger, ban on any emotions expressing, both good and bad ("keeps everything inside") | Vomiting movements, exercises, kneading. It is possible to remove muscle tension in this area only after the blocks in the previous four segments have been released |
| Abdominal ring | Tension in the lumbar region and abdomen. "Watermelon"-like, tight, rounded, protruding abdomen | Fear of attack (the lumbar muscles tension), hostility and anger (the lateral surface muscles tension), aggressiveness | Respiratory exercises, massage. Muscle spasm is quite easily eliminated in case that all previous clamps were free |
| Pelvic ring | Muscles of the pelvis and lower extremities. Pain in the constantly tensed gluteal muscles. The sacrum, glutei, iliac crests, lower abdomen and inner thighs. Tensed, inflexible legs. Loose or excessively stiff hips. Walking on a stiff foot, on toes, on heels, etc. Too protruding or, on the contrary, tucked pelvis. Intense emphasis or diligent concealment of the pelvic area with clothing. Constant hands presence in this area, shyly covering it or deliberately drawing attention to it | Blocked sexuality, anger, arousal, pleasure | Special exercises for the pelvic floor muscles (f.e., Kegel exercises), massage, pressure |

It is easy to make an analogy with the chakra system, psycho-energetic centres in the subtle body of a person. For example, anahata, the heart chakra, the centre of love and emotional openness to the world corresponds to the chest ring, svadhithana, to the abdominal ring, etc. (Table 2).

It became clear later that blocked emotions do not simply cause clamps at the muscle level, they block the internal organs functioning, disrupt the energy flow along the meridians.

For example, in the absence of deep sexual release (according to Reich, orgasm should spread throughout the body and not be concentrated at a certain level), not only the pelvic and hip muscles spasticity occurs, but obstruction in the pelvic area develops, and fatty deposits located in this area are not going to be corrected. At the level of the chest ring we see chronic bronchitis, bronchial asthma, and at the level of the cervical ring we see the thyroid gland and upper respiratory tract diseases.

As the shell certain levels are unlocked, a person remembers his psychological traumas. Usually these are psychological traumas from childhood, when the person's freedom is often limited. Psychoanalysis allows us to analyse with the patient what happened to him, what feelings were suppressed and help to express these feelings. As soon as all the muscles relax, biological energy is released, a person begins to react to everything freely and freely express his emotions, freed from fears and he feels lightness and fullness of life.

Table 2: The muscle armour levels correspondence to chakras

| Level (segment) according to Reich | Chakra | Location | Reasons for the energy block appearance |
|------------------------------------|----------------------|---------------------------------------|--|
| Eye ring | Sahasrara (coronary) | Above the crown, pineal gland | Denial of spirituality, education, an expressed energy imbalance |
| Oral ring | Ajna | Between the eyebrows, pituitary gland | Social fears (fear of being judged, fear of making a mistake, fear of offending another person, etc.). Parental attitudes that create "blindness" on the eyes and limit the horizons, as a result of which a person does not want to see or notice something. |
| Neck ring | Vishuddha | Middle of the throat | A ban on emotions and feelings expressing and displaying, a ban on expressing one's opinion; the need to "keep up appearances", to present a "mask" to the world, and not one's true nature. Medical painful manipulations related to the throat (tonsils removal, etc.) |
| Pectoral ring | Anahata | Middle of the chest | Critical conflicts in the child's life, lack of love, ban on feelings showing |
| Diaphragmatic ring | Manipura | Solar plexus | Situations when the child was forced to step over himself, to put up with someone/something that made him feel disgusted, rejected and vomit; too much pressure from society |
| Abdominal ring | Svadhithana | A palm below the navel | Physical cruelty, life-threatening situations (including the perinatal period), sexual violence, sex education based on prohibitions and fears |
| Pelvic ring | Muladhara | Tailbone, perineum | Life-threatening situations (including the perinatal period) |

We suppose that the muscle armour concept can be considered from the position of four variants (levels) of disorders identification that differ by the process severity, the muscle dysfunctions expression degree and the depth of psycho-emotional disorders. Moreover, an unresolved conflict at each level transfers the human body system to the next level, the psycho-emotional component becomes deeper which is accompanied by more expressed muscle dysfunction.

Four variants of disorders identification

Level 1A

A relatively acute process. Muscle tension usually occurs in adults for two reasons:

- a) focus on the final result rather than on life in the present moment;

b) constant mental and emotional stress.

The brain sends incorrect commands for muscle tone supply but muscle and nervous fibres continue to function normally. It is important to be able to recognise a patient with such muscle pain, since his complaints will indicate only the pain both localisation and severity but not the emotional factor. At this level of dysfunction, patients often note that muscle spasm and the associated acute pain are significantly reduced or disappeared completely after alcohol drinking.

It is quite easy to manage with the aroused disorders at level 1A: work with a psychologist; auto-training; change of familiar environment. Exercises in kinesiotherapy rooms have a complex impact on such patients. From one side, this is targeted 'point' work with the muscle armour. From the other side, conscious completing of the instructor's tasks switches the patient's thoughts, the relaxed atmosphere of the gym creates a favourable emotional background.

In general, our failure to live in the moment (to enjoy life here and now, always turning our thoughts to the past, which cannot be corrected and worrying about the future which is unknown) is a product of the neocortex. Together with intelligence, creative thinking and the second signal system we received that '*fly in the ointment*' that creates constant, often imaginary problems in our psychics. People very often live by the principle: now I need to be patient, try a little harder, and in the future, very soon, I will begin to live and receive joy and pleasure from life. But, unfortunately, this happy moment is constantly postponed, and a person lives in a state of suppressed desires and emotions.

Level 1B

It can be both relatively acute and chronic. Muscle tension usually begins to form in adolescence, although it can also occur for the first time in an adult. The causes of muscle armour at this level are usually an unfavourable emotional micro- and macro-climate surrounding a person.

Strict upbringing, strict discipline, an attempt by parents to realise themselves at the expense of the child and their unwillingness to take into account the interests of a growing personality, physical violence in the family (both in relation to the child and family members). For adult patients, the trigger is the impossibility of realisation, both in personal terms (sexual, family, dissatisfaction with their appearance, achievements, etc.), and professional (inability to do what you love, lack of career growth, etc.). The external factors are imposed ideals of material well-being and comfort, the conditions for achieving them, public censure, religious dogmas and the '*press*' of an authoritarian regime.

Muscle spasm becomes chronic and forms usual for the patient pathological posture, dull pains and constant discomfort in a certain area of the body, stiffness and rigidity in movements. There are frequent cases when muscle clamps in childhood and adolescence lead to persistent progressive scoliosis development that is not amenable to treatment. Alcohol consumption is often accompanied by suppressed emotions uncontrolled release in the form of aggression, anger, screaming or, conversely, crying or hysteria, turning one into another. Such an emotional outburst, as a rule, does not improve the patient's condition; psycho-emotional disorders become worse.

Considering the fact that there are energy channels (meridians) in the human body that are associated with certain emotions, to release these emotions, it is firstly necessary to restore the correct flow of energy in the body. Therefore it is necessary to include reflexology in the treatment complex for patients of this level. Then, various techniques of emotional correction (for example, according to the *Roy Martin* method) and psychotherapy, *Bach* flower essences and aromatherapy are used. At the physical level, local targeted work with the muscular armour: massage, exercise and gymnastic exercises, group classes according to the *Feldenkrais*, *Alexander* methods, Pilates, yoga. Complex activities, including work with the psycho-emotional sphere and at the level of structural disorders, potentiate each other. As Reich once established, the success of physical disorders correction significantly contributes to psycho-emotional imbalance elimination.

Level 2

Unresolved conflict of 1A and 1B levels gradually transfers a person to level 2, characteristic disorders. Muscle pain is dulled, persistent muscle spasm forms a certain posture and static-dynamic patterns, suppressed desires and emotions create deep disturbances in the psyche.

People around note the formation of character, manifested at the physical level in the form of certain stereotypical facial expressions, gestures, gait, stereotypical reactions. It is important to distinguish between character traits that are genetically fixed and passed down from generation to generation, and those that are acquired and formed in a specific person due to life circumstances. People often say about such a person: his character has worsened; or his character has changed. Such people behaviour acquires the signs of accentuation. The mental balance disturbance is manifested by excessive emotional excitability, anxiety, suspiciousness, insecurity, loss of a sense of reality, a claim to one's own significance. From one side, accentuation is considered to be an extreme variant of the norm, but the mental balance of an accentuated personality is very unstable, often under unfavourable conditions painful manifestations arise, anxious, neurotic. Character accentuation borders with psychopathies. Such mental disorders are described in details in Karl Leonhard book '*Accentuated Personalities*'.

As at the previous levels, rigidity, muscle clamps and blocks are also present here. However, they do not so much cause painful sensations as they form certain body configurations, making its functioning suboptimal, with high energy costs. This leads to increased fatigue and rapid exhaustion both at the physical and psycho-emotional levels. Drinking alcohol helps to switch off and unload the emotional sphere for the moment but in the long term it results to even greater exhaustion.

Level 3

At the 3rd level the psycho-emotional imbalance crosses the line of relative norm, causes personality disorder, manifests itself in various forms of psychopathy ('character anomalies'), neuroses and psychosomatic diseases (peptic ulcer of the stomach and duodenum, bronchial asthma, ischaemic heart disease). Having the fairly high intelligence, patients exhibit signs of psychopathic behaviour, inability to repent and show sympathy, deceitfulness, egocentrism, pronounced antisociality, cruelty, often alcoholism. The clinical picture here also includes the characteristic muscle patterns described by Reich but they went to the second line. Working with such patients suffering from severe neuroses, psychopathy and schizophrenia, Reich paid attention to the structural component, tried to correct it and achieved an effect at the level of the psycho-emotional sphere. Complex treatment at this level is supplemented by pharmacological therapy.

The therapist's task

It is quite difficult to draw a clear line between the described levels, and it is senseless do this. The levels can overlap, and patients often experience transitional states, a combination of different levels clinical manifestations.

Therefore, the therapist's task is, firstly, to suspect a psycho-emotional deficit based on characteristic complaints and a visual picture, and then, using manual muscle testing (MMT), to confirm and specify the detected disorder. The entire complex of therapeutic measures or its individual components use both necessity and effectiveness determined with the help of MMT.

Reich's activities caused dissatisfaction among official medicine and the scientific community; the authorities considered his work with orgone energy, a supposed excess sexual energy, illegal and dangerous and accused him of unorthodox practices. He was declared as a fraud by a court decision. He was banned to practice with orgone accumulators and was ordered to personally destroy all the devices he had constructed.

The matter went to retrial since Reich did not stop his work and trials with orgone energy. Reich defended his right to engage in science for the people advantage at the trial, and claimed that the court had no right to get in the way of science. The court considered it offended and issued a verdict: all Reich's books ever published in the United States should be burned, and he should be put into the

prison for 2 years. It is noteworthy that Reich's books had already been outlawed and were burned in Nazi Germany. A psychiatric test was ordered before the verdict was carried out. It was conducted by a psychiatrist who was former Reich's student. The examination conclusion was disappointing, schizophrenia. However, the court was not satisfied with this conclusion (otherwise Reich should be free). A repeat examination was done which found the scientist sane, and he was sent to prison.

Wilhelm Reich died during the sleep in prison on November 3, 1957. Heart attack was the official cause of his death. However, there are various theories and controversies regarding the circumstances and possible causes of his death. Some suggest that his death was related to his scientific research.

Reich's findings

The mental disorder that Reich suffered from does not deprive the values of his finding. Here are just a few of them.

1. He stressed the importance of the physical component in treatment. He showed that physical impact on spasmic and stiff muscles can significantly affect a person's emotional sphere. Some of his rationales are used now in almost all schools of psychotherapy.
2. Somatic diseases visual diagnostics in Reich's time was well known and described for each disease. Reich's value is that he was the first to show how the psycho-emotional sphere disturbances form a visual picture of somatic dysfunctions and pathological motor patterns. This seems completely apparent today.
3. He influenced sexual culture by proposing a number of revolutionary ideas. For example, providing contraceptives to women, rejecting the marriage importance, fight with venereal diseases through sex education, training doctors and teachers in sexology. The definition '*sexual revolution*' with which we are familiar was proposed by Reich and has become firmly established in the culture of the 20th century. He actively promoted sex education, as he believed that neuroses were based on sexual function disharmonies.
4. Even today, not everyone is ready to accept all these ideas. What should we think about the times of Reich?

How do we rationalise Reich's findings?

Paul MacLean, after Reich's death, in the 1960s proposed the concept of the triune brain which allowed to understand how the limbic brain, the centre of emotions, forms pathological vegetative reflexes (that's why Reich initially called his method of treatment as vegetotherapy) and following muscle reactions.

Nearly at the same time (1964), George Goodheart proposed a method of functional muscle testing which made it possible to obtain biological feedback from the body due to which the emotional disorders more accurately diagnosed.

The German psychiatrist Karl Leonhard in a work '*Normal and Pathological Personalities*' (1964) introduced the definition '*accentuation*' and used it in the phrases '*accentuated personality*' and '*accentuated personality trait*'.

Despite the controversies, Wilhelm Reich's work has had a major impact on psychology and alternative medicine. While some aspects of his work remain highly debated, his contribution to our understanding of the interaction between emotions and the body cannot be denied. His emphasis on the mind-body connection and the importance of addressing emotional experiences in healing somatic illnesses continues to influence modern psychotherapy and holistic approaches to treatment.

Conclusion

Reich's theories inspired his students to various movements thus continuing his work and ongoing his scientific ideas. For example, his concepts were developed in the works of Alexander Lowen, the founder of body-oriented psychotherapy.

The concept (technology) of '*power poses*' is widely used in psychology today. It turns out (and this is proven by laboratory studies) that if a person takes a leadership pose for 2 minutes, a powerful pose demonstrating his self-confidence, his blood testosterone level increases and the cortisol level decreases. This allows to reduce significantly the level of anxiety, emotional suppression which is so necessary before, for example, a public speech, an interview, resolving a conflict situation, etc.

Wilhelm Reich's theory of '*muscle defense*' remains an important chapter in the history of psychology, psychotherapy and psychoanalysis. His exploration of the mind-body interaction and the role of emotional experience in physical health challenged conventional wisdom. Although his life was marred by controversies, his ideas continue to resonate with those seeking a holistic approach to healing and well-being. In the constantly developing field of psychology and psychotherapy Reich's work serves as a reminder of the profound impact that emotions can have on our bodies and our lives.

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Complex exercises have been developed to reduce the negative impact of muscle armour. Scan or tap this QR code and watch the video to be acquainted with their principles.

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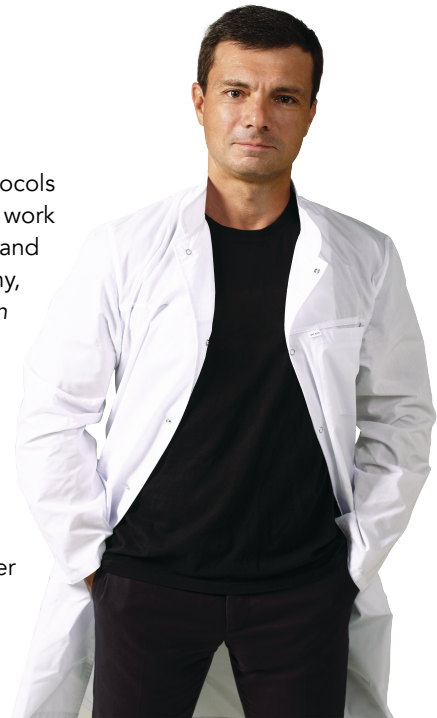
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About

A new generation and synthesis of manual muscle testing (MMT) protocols have appeared in the Ukraine, Russia and Central Europe thanks to the work of Gleb Kirdoglo, MD, PhD. At the invitation of medical centers and specialized associations, the UAAK organises training cycles in Germany, Estonia, Latvia, Kazakhstan, Moldova, and Israel. In 2012, the *Ukrainian Association of Applied Kinesiology and Medical Rehabilitation* -- UAAK -- was created and registered. The number of students who have attended the training now exceeds 5,000. The President of the Ukrainian Association, Dr Gleb Kirdoglo, initiated the creation of professional AK communities in Kazakhstan and Moldova. These MMT research results have been presented at major scientific conferences in Kyiv and Moscow. Courses to learn such techniques directly from Dr Kirdoglo and his colleagues are available via www.UkraineAK.com. Over 700 specialists from 9 countries have become members of the UAAK.



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Editors note: This paper was written in Ukrainian and translated for publication elsewhere in Russian. Throughout this paper we use the English word 'clamps' with the meaning of 'convulsion' or 'spasm'. In English we generally refer to this condition as 'cramps', a word which translates similarly into Ukrainian and Russian. We retain the original translation of 'clamps', knowing the reader will take their own interpretation. We also appreciate that Reich did not write his original work in English. This is a good moment to reflect on the universality of chiropractic concepts.