FCST

Cure Theory of FCST

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What is FCST?

• Functional Cerebro Spinal Therapy: The Whole Body's Yin Yang balance through TMJ Balance
• Purpose of TMJ Balance
  ➔ Upper Cervical Alignment
  ➔ Spine Alignment
  ➔ Nervous system stabilization
  ➔ Healing
Diagnosis for FCST

• 1. Integral pulsation diagnosis
• 2. Meridian-scanning
• 3. CRA, Contact Reflect Analysis
• 4. TBT, Dr. Lee`s TMJ Balance Test
• 5. RCT, Dr. Lee`s Restricted Cervical Rotation Test
• 6. LCT, Dr. Lee`s Lateral Cervical Tension Test
• 7. CPT, Dr. Lee`s Cervical Palpation Test
Various Treatments of FCST

• 1. TMJ Balance Therapy
• 2. Upper Cervical Alignment Balance Therapy
• 3. Facial Asymmetry Balance Therapy
• 4. Spinal Posture Balance Therapy
• 5. Pelvic Posture Balance Therapy
• 6. Cranio Sacral Balance Therapy
• 7. C fiber Acupuncture Balance Therapy
• 8. Whole Body Acupuncture Balance Therapy
• 9. Special Chuna Balance Therapy
• 10. Herbal medication Balance Therapy
The main Treatments of FCST

Body structure there are three imbalances point

FCST: Functional Cerebro Spinal Therapy
- TMJ Balance Therapy
- Upper Cervical Alignment Balance Therapy
- Special Chuna Balance Therapy

LCST: Dr. Lee’s Cranio Sacral Therapy
- Cranio Sacral Balance Therapy
- Facial Asymmetry Balance Therapy

LPBT: Dr. Lee’s Pelvic Balance Therapy
- Pelvic Posture Balance Therapy
- Spinal Posture Balance Therapy
Secondary Treatments of FCST

**Acupuncture Therapy**
- C fiber Acupuncture Balance Therapy
- Whole Body Acupuncture Balance Therapy

**Cupping Therapy**

**Exercise cure Therapy**
- TMJ exercise
- Neck exercise
- Walking exercise
- Body stretching exercise

**Herbal medication Therapy**
Treatment target of FCST

Body structure there are three imbalances point

- **FCST**: SPINE
  - TMJ
  - BRAIN
  - Organ

- **LCST**: BRAIN
  - CRANIUM
    - Spinal cord

- **LPBT**: Organ
  - Spinal cord
  - SACRUM
The governing structure in FCST

Body structure there are three imbalances point

- **TMJ**
  - **SPINE**
    - Organ

- **CRANIUM**
  - **BRAIN**

- **SACRUM**
  - Organ

**Axis subluxation**
**TMJ unbalance**
**Cranial Sutural jamming**

**Pelvic Distortion**
The governing structure in FCST

Body structure there are three imbalances point

- TMJ
- SPINE
  Organ

- CRANIUM
  BRAIN

- SACRUM
  Organ

- MAIN
  FCST

- LCST

- TMJ
  BALANCING
  APPLIANCE

- CST
  PILLOW

- PELVIC
  BALANCER

- LPBT
The governing structure in FCST

Body structure there are three imbalances point

TMJ
SPINE
Organ

MAIN
FCST

CRANIUM
BRAIN

SACRUM
Organ

LCST

LPBT
Importance of TMJ & Axis

• Secret of TMJ: Why is TMJ important?

• Secret of Axis: Why is the Axis important?
Importance of Axis

Secret of Axis: Why is the Axis important?

- Spine = Cervical 7 + Thoracic 12 + Lumber 5 = 24 Joint
- Only the second Cervical vertebrae has an axis
- When axis is misaligned, atlas is also misaligned.
- If the axis is misaligned, domino effects for the rest of the spine to be misaligned.

It’s most important factor for the misalignment of spinal structures.
Why is the Axis important?

- **Secret of Axis:**

  It’s most important factor for the misalignment of spinal structures.
Importance of Axis
FCST. Secret of Axis & TMJ

- **The importance of Axis & TMJ**
  - Lovett Reactor relationship
  - C.M Guzay’s Quadrant Theorem & malocclusion (three types of occlusion)
  - Dr. Lee’s Reactor relationship
  - The spinal problem can arise from the neural and anatomical connection between TMJ and cervical vertebrae. Especially, the neural tract of trigeminal nerve is connected to C1 and C2 (cervical vertebrae).

*It’s most important factor for the misalignment of spinal structures.*
Pulling and Pressure on cervical vertebrae during orbital motion of mandible

- Mandibular movement is not centered to the mandibular condyle,
- BUT, Mandible moves around C2’s odontoid process as an axis

Pulling (force to loosen the knotted muscles)
Pressure (force to aggravate the knotted muscles)

Reference: 전신개선 템플리트 요법 (前原 潔 외 국제 기능교정 및 악관절 연구회 발간) p 32
Effect of increased occlusal vertical dimension on cervical vertebrae -> pulling effect on cervical vertebrae -> loosen the knotted muscles around C1&C2

Reference: 전신개선 템플릿 요법 (前原 潔 외 국제 기능교정 및 악관절 연구회 발간) p 63
Effect of decreased occlusal vertical dimension on cervical vertebrae -> **pressure** on cervical vertebrae -> aggravate the knotted muscles

Reference: 전신개선 템플리트 요법 (前原潔 외 국제 기능교정 및 악관절 연구회 발간) p 62
Lateral view of cranial mandible

Reference: 이영준. 뇌척주기능의학. 서울. 2007. 고려의학사. p203
FCST Treatment Principles
Functional Cerebro-Spinal Technique

through **TMJ Balance** = control the balance of whole body

**TMJ Balance** = The balance of the Brain
**TMJ Balance** = The balance of the upper cervical
**TMJ Balance** = The balance of Whole body spine
**TMJ Balance** = The balance of the internal organs and the bowels
Four Principles of FCST Treatment

• Having balanced bodily structure (spine, nervous system)
• Having healthy and positive mindset (positive thinking)
• Having right posture (exercise, habits)
• Having good eating habits (vegetables, light meals)

Having balanced bodily structure (spine, nervous system)
Healing comes from within…

Thanks!

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