

# Men's Basketball at UCSC

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## *The Effect of Quantum-Touch<sup>®</sup> on Sports Injuries*

*By Richard Gordon  
Author of "Your Healing Hands"*



**A Study on the Effectiveness of Quantum-Touch  
on Basketball Players at UCSC over a 6 week period,  
October 31 - December 4, 1995.**

**Richard Gordon, PO Box 852, Santa Cruz, CA 95060, (408) 454-9740**

# Men's Basketball at UCSC

## *The Effect of Quantum-Touch on Sports Injuries*

By Richard Gordon



In order to demonstrate the effectiveness of *Quantum-Touch* on sports injuries, I chose to work on the UCSC Men's Basketball team. With the permission of Coach Duane Garner, I saw the players once a week for a period of six weeks.

Players filled out a questionnaire before I started to work on them. Along with their name, age, date, and time we began the session, they described their symptoms, how long they had had the problem, and how much pain they were experiencing on a scale of 1-10.

When the sessions were over, players wrote down the time, how much pain they were in and any comments or observations that they had had. Copies of all questionnaires were given to Coach Garner and are included in the back section of this report. This report documents a range of injuries, including jammed fingers, ankle sprains, and knee pain... as well as non-sports problems like sore-throats and fever. I have also included documentation of six occasions when inflammation was significantly and visibly reduced.

The *Quantum-Touch* method is absolutely non-invasive and uses only a very light touch. In principle the system works by shifting the resonance of body tissue in order to stimulate the body's recuperative powers. While this may seem highly unorthodox, I believe that the results speak quite well for themselves.

Speaking of results, I never coached the players on what to say on their questionnaires; however, at times I asked them to write down what they had told me during their sessions. Occasionally one of the Woman's Basketball players would show up and request a session as well. I was happy to help them, and I have included those sessions in this report.

In terms of my own background, I have over 20 years of experience in the field of hands-on therapeutic modalities. My work has focused in innovative approaches that maximize the relaxation response in order to enhance the body's ability to heal itself. As author of the book, "*Your Healing Hands*", Wingbow Press 1978, I am pleased that it has been an international best-seller that has been translated into nine languages. Today, as founder of *Quantum-Touch*, I speak at conferences, medical centers, chiropractic colleges and holistic health centers. I have been on faculty at Heartwood College, The Holistic Health Institute and the Kiva School of Massage.

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OFFICE OF PHYSICAL EDUCATION, RECREATION AND SPORTS

SANTA CRUZ, CALIFORNIA 95064  
459-2531 / 2532

January 18, 1996

Richard Gordon  
1400 Glen Canyon Road  
Santa Cruz, CA 95060

Dear Richard:

Thank you for supplying me with a copy of your report dated October 31 - December 4, 1995, regarding the Quantum Touch sessions you recently conducted with the UCSC Men's Basketball Team. Your report accurately reflects the experience of the team as a result of the sessions.

As you know, I've been the UCSC Men's Basketball Coach for the past five seasons and prior to that I coached the UCSC Women's Basketball Team. Aside from my university coaching experience, I've coached extensively in other arenas and have managed basketball camps and taught classes on the subject. In my vast experience, I've never seen anything to compare with the positive results of Quantum-Touch. It enabled effected team members to resume competitive play in a very brief period of time following an injury, and improvement seemed to continue even after the actual therapeutic session. Players appeared as surprised and grateful as I am by all of this, which added to a renewed sense of self-confidence. Based on the team's experience, I would recommend your practice to anyone in need of it.

Thank you again.

Cordially,

*Duane Garner*  
Duane Garner, Coach  
UCSC Men's Basketball Team

## Results

### Quantum-Touch® Report Summary

Averages	Pain Before	Pain After	% of Pain Reduced	Length of Session
<b>Mean</b>	<b>5.9</b>	<b>2.4</b>	<b>58.5%</b>	<b>11.6 minutes</b>
<b>Median</b>	<b>6.0</b>	<b>2.0</b>	<b>66.7%</b>	<b>9 minutes</b>

Name	Page	Condition	Pain Before	Pain After	Time of Session	Swelling Reduced
Abe	1	Jammed Finger	7	2	5 minutes	
David	1	Knee Pain	5	0	4 minutes	
David	1	Thumb Pain	8	1	4 minutes	
Adam T.	2	Ankle Pain	5	1	10 minutes	✓
Beau	2	Jammed Finger	6	2	7 minutes	
Beau	2	Chronic Back Pain	8	5	8 minutes	
Stephen	3	Strained Right Thigh	4	0	5 minutes	
Nate	3	Elbow Pain	6	6	10 minutes	✓
Mark	4	Stiff Neck	5	3	7 minutes	
Mark	4	Stiff Shoulder	5	3	8 minutes	
Adam T.	4	Jammed Knuckle	9	4	10 minutes	
Beau	5	Bruised Heel	8	3	10 minutes	
David	5	Elbow Pain	8	3	8 minutes	
Nadine	6	Ankle Pain	4	1	10 minutes	
Nadine	6	Jammed Finger	7	2	8 minutes	
Nadine	6	Shin Splints	4	.5	12 minutes	
Paul	7	Back Spasm	5	4	8 minutes	
Paul	7	Knee Pain (Left)	7	6	8 minutes	
Paul	7	Knee Pain (Right)	3	1	9 minutes	
Dakarai	8	Fall on Sit Bone	8	4	5 minutes	
Dakarai	8	Sprained Ankle	6	2	5 minutes	
Nate	9	Sprained Ankle	5	3	17 minutes	✓
Nate	9	Sprained Ankle (reinjury)	6	2	65 minutes	✓
Zepher	10	Stomach Cramp	5	0	4 minutes	
Amy	10	Knee Pain	5	2	30 minutes	
Nate	11	Sprained Ankle (reinjury)	6	2	35 minutes	✓
Adam S.	11	Sore Throat	3	1	10 minutes	
Jamie	12	Knee Pain	5	1	10 minutes	✓
Adam T.	12	Chills	6	5	27 minutes	
Adam T.	12	Headache	7	5	" "	
Adam T.	12	Sore Throat	3	1	" "	

## Discussion

While the results in this report may seem unusual or even extraordinary, they are quite typical of what I have been observing on a day to day basis. Over all, I believe that the outcomes would have been somewhat improved had I more time to work on the players.

The comments that the players wrote down are also typical of what I hear from my clients:

- Abe, Oct. 31, "... makes the pain go away..."
- David, Oct. 31, "...The pain in my knee disappeared. This is amazing. I can't explain it, but I do like the results."
- Adam, Oct. 31, "... I was surprised by the simplicity of the technique. It worked."
- Beau, Nov. 13, "The pain decreased dramatically in a short amount of time."
- David, Nov. 13, "The energy flow felt increased and the pain subsided a bit. My arm is bearable now. Very dramatic results..."
- Dakarai, Nov. 13, "...I really didn't think this would work until I saw the results. This was very amazing."
- Jamie, Dec. 4, "...I really was impressed. I wouldn't mind having it done every time I had soreness. I think this should be a regular practice. Its like the pain melts away."

One of the things that brings me pleasure from this work is that it so consistently surprises people who do not expect it to do anything. David, Adam, Beau and Jamie exemplify of how skepticism does not seem to be a factor in determining the results.

Occasionally people who receive sessions will experience a sharp increase in pain during the session. This really surprises them since I am touching as lightly as possible. I don't believe that any of the players experienced this. Whenever a client experiences a strong increase in pain during my session, I find that I get extraordinarily good results.

On the other hand, 10, 20 or even 40 minutes after a session, pain levels may continue to drop. On three occasions, players revised the pain level after they had filled out the questionnaire. (David on October 31, Stephen on October 31, and Adam S. on December 4.)

On six separate occasions, players pointed out that their inflammation had gone down. At the time I was doing this study, I did not know that there was a way to accurately measure or quantify how much inflammation there was. The inflammation seemed to diminish in proportion to the level of pain. Often pain would go down by 2/3 and the inflammation would seem to go down an equal amount.

During the session with Nate, dated November 20, none of the other players seemed to need my services. Nate had severely re-injured his left ankle and it was very painful and swollen. On this occasion I had plenty of time to work on him.

When I work, I'll ask the players where it hurts, and that is generally where I put my hands. Nate directed me to the most painful area of his ankle. After about 10 minutes Nate said that it no longer hurt where I was working, but it hurt somewhere else. I would move my hands to the next area and in about 10 minutes he would direct me to somewhere else that hurt. Each time the pain would subside, the inflammation would decrease as well. This went on for 65 minutes, moving from one painful place to another. Nate wrote on his questionnaire, "Swelling decreased in all areas where I was worked on in order." That may not be great prose, but the point is that in each place I worked, a reduction of swelling followed. On that particular occasion Coach Garner seemed quite impressed that the swelling went down as far as it did.

Earlier that day (November 20), Nate had been told by the trainer that it would be 10 to 14 days before he could walk normally, and the health center estimated that it would be 2 plus weeks. Nate wrote on the 27th, a week after the session, "I was treated, (11/20) felt better right away, swelling went down immediately. The next day (Tuesday), I started walking and by Wednesday I could walk normally."

Under ideal circumstances I would have worked on him each day. Had he been a professional athlete, he could have had two or three sessions a day, and he would not have worked out at the 100% level until he was fully ready. Unfortunately, he reinjured himself later that week.

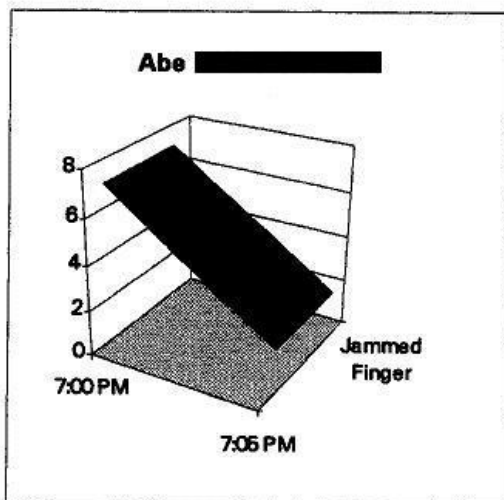
The session on Dakarai, November 13, was quite impressive. Dakarai had taken a very bad fall on his sit bone (Ischial Tuberosity) and sprained his ankle in the process. He was rolling around in obviously great pain. The pain was so intense that I could see Dakarai's body trembling from the pain. After working on him for only 10 minutes, his pain was manageable and he insisted on continuing his practice. Coach Garner said that he did not expect that Dakarai would be able to play again that day. Dakarai wrote, "When I fell, I could hardly walk. My left cheekbone ached like a migraine headache and my ankle felt similar. I really didn't think this would work until I saw the results. This was very amazing." When Dakarai fell, he wrote that he could "hardly walk" - I think it would be more precise to say that he could hardly pull himself up onto the bench a few feet from where he fell. I believe that getting to an injury as quickly as possible can lead to profound results.

Coach Garner told me a number of times that the Quantum-Touch work allowed his players to get back on the court and play with a speed and confidence that greater levels of pain would not have permitted. This is reflected in the median average levels of pain which were reduced from a 6 to a 2. In other words, from being very painful to being a manageable degree of pain.

The Quantum-Touch system is not without its problems. The session with Nate dated November 7, does not surprise me. Before I worked on him he said that the pain level in his arm was 6-8 and after the session about a 6. He had apparently run into something made of steel the day before. He wrote that after the session, the "pain stayed about the same." He further noted that during the session the swelling decreased. The next day his arm felt better. There are occasions when I do not see the effectiveness at the time of the session, but afterwards I often get better reviews.

I was also not very effective with Paul [REDACTED]'s back spasm from with torn ligaments (3 year injury). His pain went from a 5 to a 4. Nor was I effective with Paul's sore right knee (an 8 year injury), the pain went from a 7 to a 6. The total time in the session was just 25 minutes. I would have liked to work on him longer, but he only reluctantly let me work on him that one time. From time to time I will work on people who are not receptive to allowing Quantum-Touch to work. Fortunately, these people seem to be the minority.

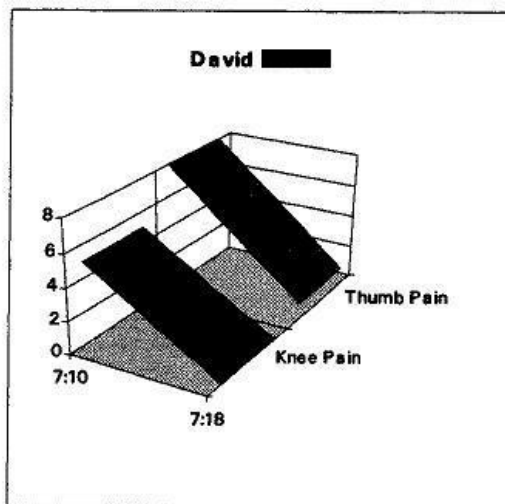
October 31, 1995



**Abe** [redacted]  
**Jammed finger**

**Date:** Oct. 31, 1995  
**Condition:** Jammed Finger.  
**Length of condition:** 30 minutes  
**Pain Before Session:** 7  
**Pain After Session:** 2  
**Length of Session:** 5 min.

**Comments:** "Just relaxing, makes the pain go away. Felt good!"

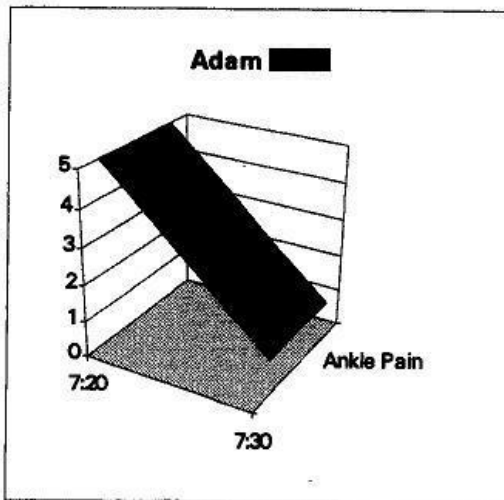


**David** [redacted]  
**Knee Pain and Thumb Pain**

**Date:** Oct. 31, 1995  
**Condition 1:** Knee Pain  
**Condition 2:** Thumb Pain  
**Length of condition:** Knee 5 years, Thumb 3 weeks.  
**Pain Before Session:** Knee 5, Thumb 8.  
**Pain After Session:** Knee 0, Thumb 1.  
**Length of Session:** 8 minutes +  
**Comments:** "The pain in my thumb lessened and it increased my movements. The pain in my knee disappeared. This is amazing. I can't explain it, but I do like the results. I want my own healer. After a couple more minutes pain in my thumb was completely gone."



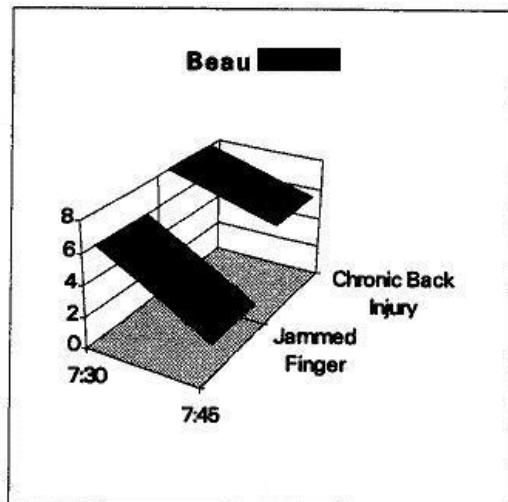
October 31, 1995



**Adam** [redacted]  
**Pain and swelling in ankle**

**Date:** Oct. 31, 1995  
**Condition:** Pain and swelling in ankle  
**Length of condition:** 4 years off and on.  
**Pain Before Session:** 5  
**Pain After Session:** 1  
**Length of Session:** 10 min.

**Comments:** "Reduced swelling and pain. Increased mobility. I was surprised by the simplicity of the technique. It worked."

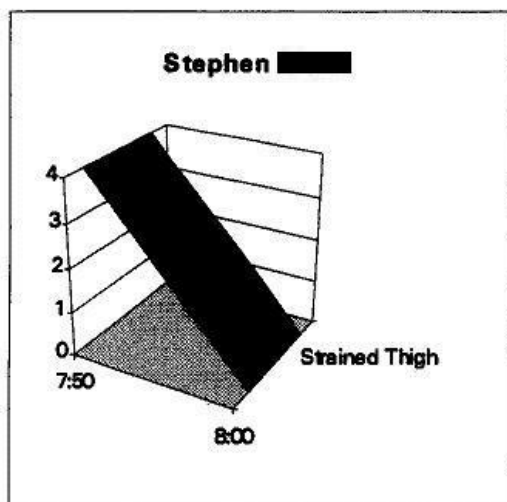


**Beau** [redacted]  
**Jammed Finger**

**Date:** Oct. 31, 1995  
**Condition:** Jammed Finger.  
**Condition:** Chronic Back Injury  
**Length of condition:** Finger 1 week, Lower Back 3 years.  
**Pain Before Session:** Finger 6, Back 8  
**Pain After Session:** Finger 2, Back 5  
**Length of Session:** 15 min.

**Comments:** "I felt the energy transfer and the pain decreased and mobility increased. I would love to see this more explored in the scientific field. The advantages are endless. I will definitely tell my psyche teacher about you and your teachings."

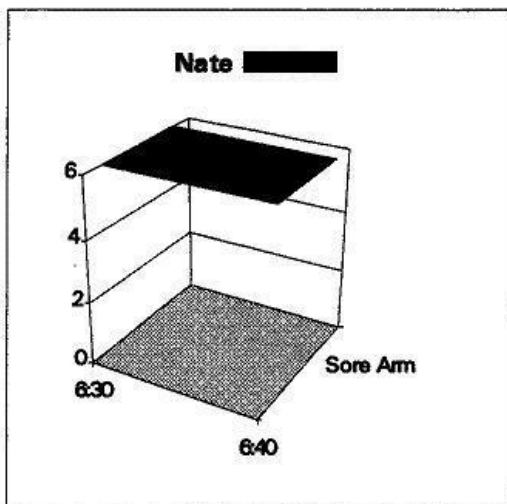
October 31 - November 7, 1995



**Stephen** [REDACTED]  
**Strained Right Thigh**

**Date:** October 31, 1995  
**Condition 1:** Strained right thigh  
**Length of Condition:** 5 days  
**Pain Before Session:** 4  
**Pain After Session:** 0  
**Length of Session:** 5 minutes +

**Comments:** "Releasing of tightness; loosening. Day after felt much better."

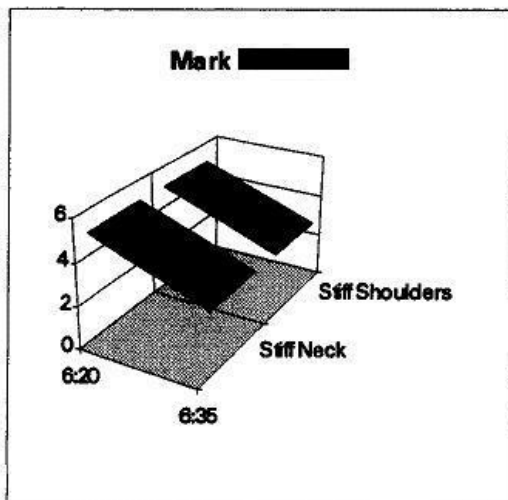


**Nate** [REDACTED]  
**Sore Arm**

**Date:** November 7, 1995  
**Condition 1:** Sore Left Elbow  
**Length of Condition:** One Day  
**Pain Before Session:** 6-8  
**Pain After Session:** 6  
**Length of Session:** 10 minutes

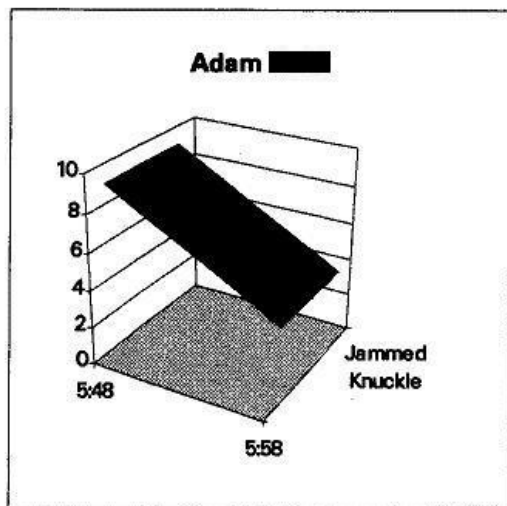
**Comments:** "Swelling decreased. Pain stayed about the same. The next day, arm felt better. At first there was no change but I gradually felt better"

November 13, 1995



**Mark [REDACTED]**  
**Neck and Shoulder Stiffness**

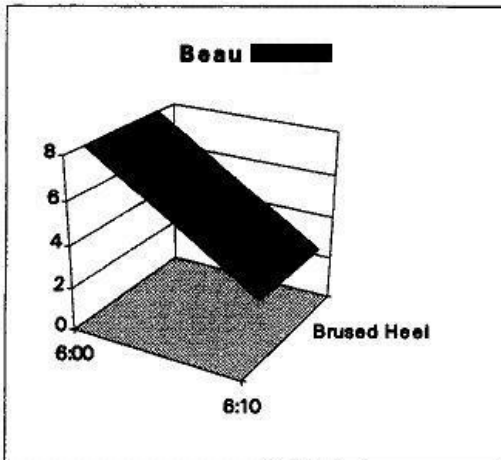
Date: November 7, 1995  
Condition 1: Stiff Neck  
Condition 2: Stiff Shoulders  
Length of Condition: 2 years  
Pain Before Session: Neck 5,  
Shoulders 5  
Pain After Session: Neck 3  
Shoulders 3  
Length of Session: 15 minutes  
Comments: "Maybe Warmth"



**Adam [REDACTED]**  
**Jammed Index Knuckle**

Date: November 13, 1995  
Condition 1: Jammed Index Knuckle  
Length of Condition: 4 days  
Pain Before Session: 9  
Pain After Session: 4  
Length of Session: 10 minutes  
Comments: "Increased flexibility and decreased pain. I have been helped before and it has always been successful. It has always helped to relax my muscles and decrease soreness."

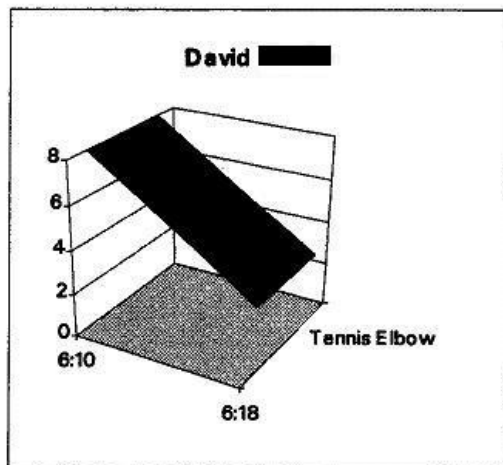
November 13, 1995



**Beau**  
**Bruised Heel**

**Date:** November 13, 1995  
**Condition 1:** Bruised Heel - Pain on the bottom of foot when walking and jumping.  
**Length of Condition:** 3 days  
**Pain Before Session:** 8  
**Pain After Session:** 3  
**Length of Session:** 10 minutes

**Comments:** "The pain decreased dramatically in a short amount of time. It is much easier to walk now. The process really seems to work and proves very helpful in recovery time."

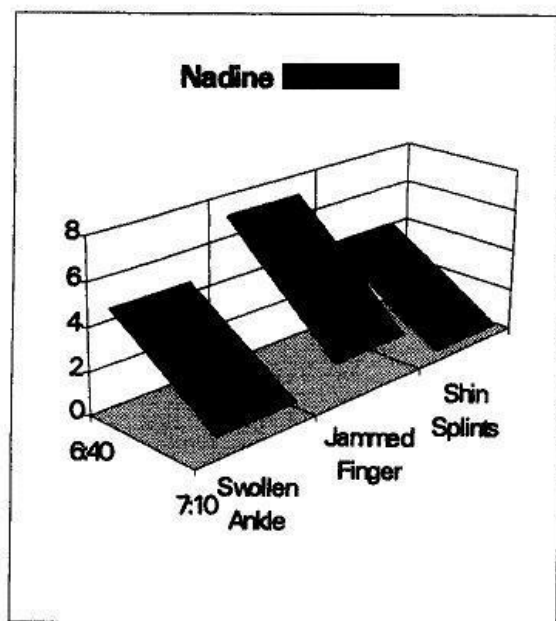


**David**  
**Tennis Elbow**

**Date:** November 13, 1995  
**Condition 1:** Pain in elbow  
**Length of Condition:** 1 week  
**Pain Before Session:** 8  
**Pain After Session:** 3  
**Length of Session:** 8 minutes

**Comments:** "The energy flow felt increased and the pain subsided a bit. My arm is bearable now. Very dramatic results. I just hope it continues to heal afterwards."

November 13, 1995



**Nadine [REDACTED]\***

**Sore Ankle, Jammed Finger,  
Shin Splints**

**Date: November 13, 1995**

**Condition 1: Sore, Swollen Ankle**

**Condition 2: Jammed Index Finger**

**Condition 3: Shin Splint**

**Length of Condition 1: 2 hours**

**Length of Condition 2: 2 weeks**

**Length of Condition 3: 6-7 years**

**Pain Before Session: Ankle 4.5**

**Finger 7**

**Shin 4**

**Pain After Session: Ankle 1**

**Finger 2**

**Right Shin 0**

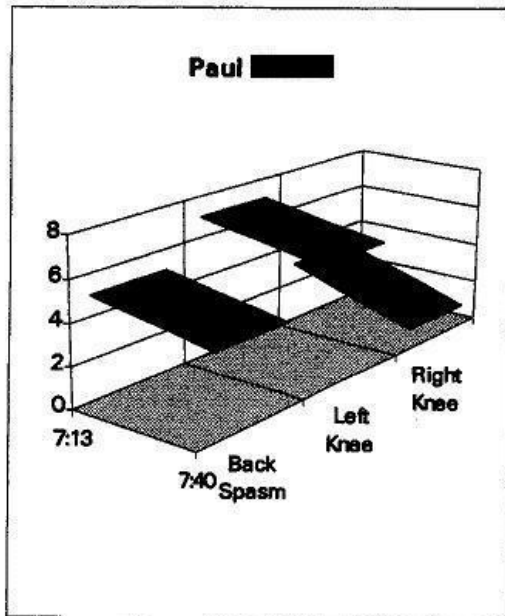
**Left Shin 1**

**Length of Session: 30 minutes**

**Comments:** "Finger feels better than before I rejammed it. Right Shin Splint feels 100% better. Left shin splint feels 100% better on the inside and slight on outside. The ankle feels slight discomfort, although much improved"

**\*Woman's Basketball Team**

November 13, 1995



**Paul [redacted]**  
**Back Spasms, Sore Knees**

**Date:** November 13, 1995

**Condition 1:** Back Spasm,  
Torn Ligaments

**Condition 2:** Sore Left Knee

**Condition 3:** Sore Right Knee

**Length of Condition 1:** 3 Months

**Length of Condition 2:** 1 Month (8yrs)

**Length of Condition 3:** 1 Month (8yrs)

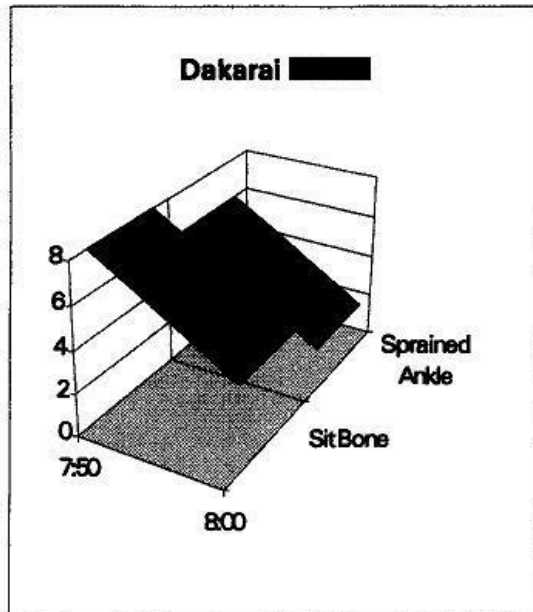
**Pain Before Session:** Back 5  
L. Knee 7  
R. Knee 3

**Pain After Session:** Back 4  
L. Knee 6  
R. Knee 1

**Length of Session:** 25 minutes

**Comments:** "Condition 1, vertebrae slipped, ligaments torn July. Conditions 2 and 3 tibial swollen periodically from impact past 8 years, left knee bruised 11/11/95.

November 13, 1995



**Dakarai** [redacted]  
**Injury to Ischial Tuberosity  
and Ankle Sprain from a Fall**

**Date:** November 13 , 1995

**Condition 1:** Bad fall to sit bone  
(Ischial Tuberosity)

**Condition 2:** Sprained Ankle

**Length of Conditions:** A few minutes

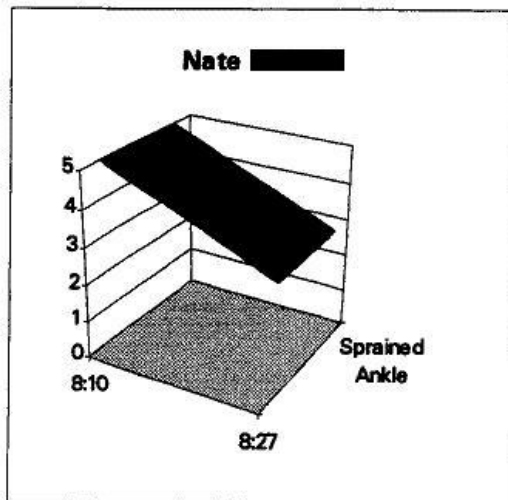
**Pain Before Session:** Sit bone 8  
Ankle 6

**Pain After Session:** Sit Bone 4  
Ankle 2

**Length of Session:** 10 minutes

**Comments:** "I noticed the pain subsided rapidly. When I fell, I could hardly walk. My left cheekbone ached like a migraine headache and my ankle felt similar. I really didn't think this would work until I saw the results. This was very amazing!!!!"

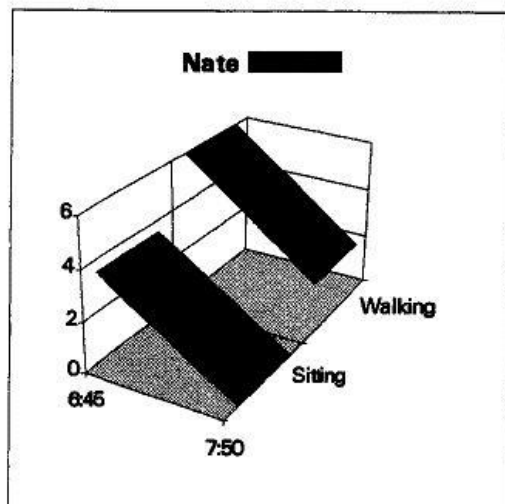
November 13-20, 1995



**Nate [REDACTED]**  
**Sprained Left Ankle**

**Date:** November 13, 1995  
**Condition 1:** Sprained left ankle  
**Length of Condition:** 20 minutes  
**Pain Before Session:** 5  
**Pain After Session:** 3  
**Length of Session:** 17 minutes

**Comments:** "Swelling decreased. Able to walk on it a little. After 15 minutes, it deswelled and felt a little better. Still some pain when I walk on it."



**Nate [REDACTED]**  
**Sprained (Re-Injured) Left Ankle**

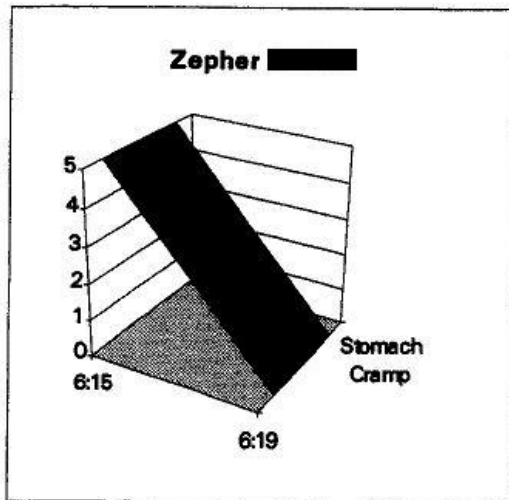
**Date:** November 20, 1995  
**Condition 1:** Sprained (Re-Injured) Left Ankle  
**Length of Condition:** 7 days  
**Pain Before Session:** Sitting 3.5  
Walking 6  
**Pain After Session:** Sitting 0  
Walking 2  
**Length of Session:** 65 minutes

**Comments:** "The Trainer said 10-14 days. Health Center said 2+ weeks from today. Swelling and pain decreased. Able to walk better. No pain unless I walk on it, unlike before. Swelling decreased in all areas where I was worked on in order.

**Comments 11/27:** "I was treated, (11/20) felt better right away, swelling went down immediately. The next day I started walking and by Wednesday (2 day later) I could walk normally.



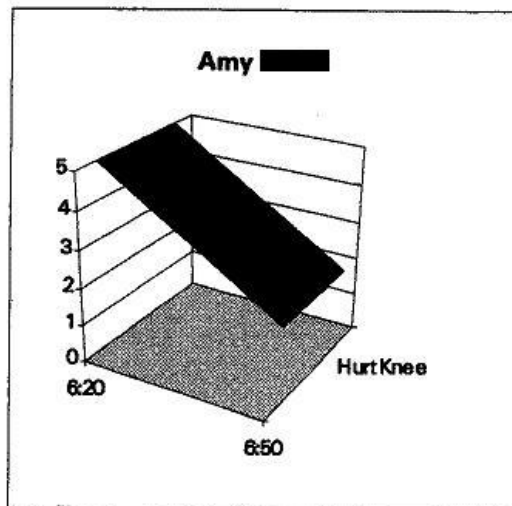
November 27, 1995



**Zepher [REDACTED]**  
**Stomach Cramp**

Date: November 27, 1995  
Condition 1: Stomach Cramp  
Length of Condition: 7 days  
Pain Before Session: 5  
Pain After Session: 0  
Length of Session: 4 minutes

Comments: "The pain went away."



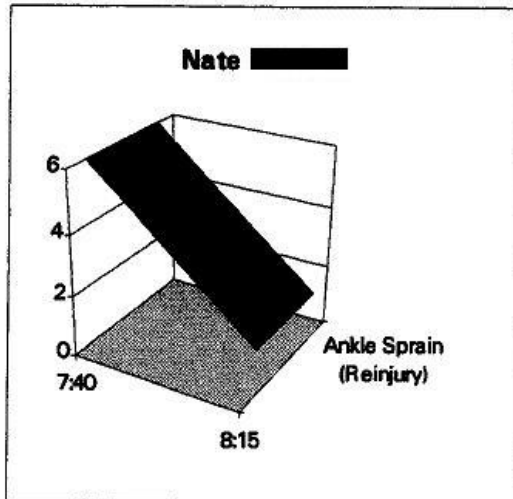
**Amy [REDACTED]**  
**Hurt Knee**

Date: November 27, 1995  
Condition 1: Hurt Knee  
Length of Condition: 2 weeks  
Pain Before Session: 5  
Pain After Session: 2  
Length of Session: 30 minutes

Comments: "The pain is gone when I walk and has decreased when going down stairs. Thanks."

\* Woman's Basketball Team

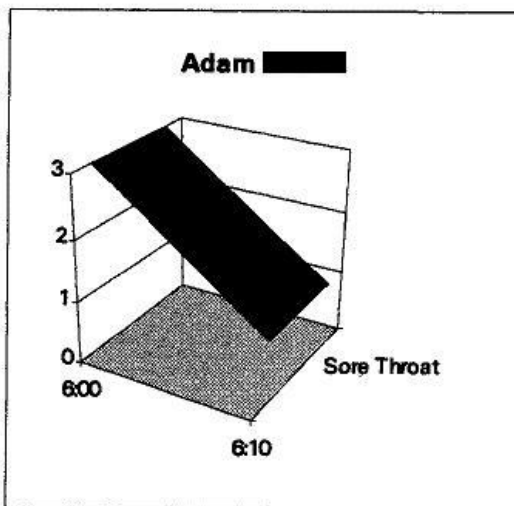
November 27 - December 4, 1995



**Nate** [redacted]  
**Left Ankle (Reinjury)**

**Date:** November 27, 1995  
**Condition 1:** Sprained Left Ankle (Reinjury)  
**Length of Condition:** 2 weeks  
**Pain Before Session:** 6  
**Pain After Session:** 1.5  
**Length of Session:** 35 minutes

**Comments:** "Pain decreased on side of ankle, but still a little left. Swelling decreased on top and back of foot. Sharp pain is gone."

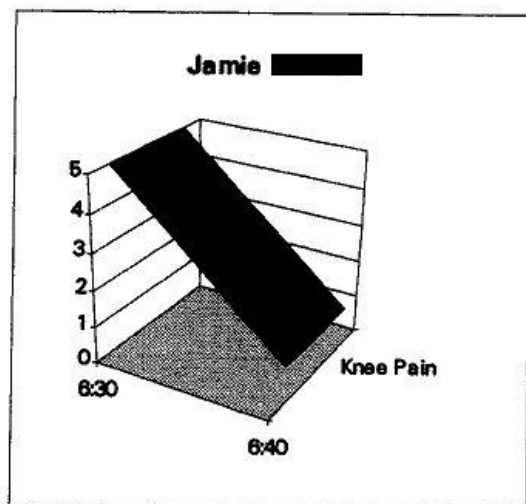


**Adam** [redacted]  
**Sore Inflamed Throat**

**Date:** December 4, 1995  
**Condition 1:** Sore Inflamed Throat  
**Length of Condition:** 1 days  
**Pain Before Session:** 3  
**Pain After Session:** 1  
**Length of Session:** 10 minutes

**Comments:** "Tender glands on throat feel better now. After practicing, it became a 1. Thanks!"

December 4, 1995



**Jamie [REDACTED]\***

**Knee Pain**

**Date:** December 4, 1995

**Condition 1:** Knee Pain

**Length of Condition:** 3 days

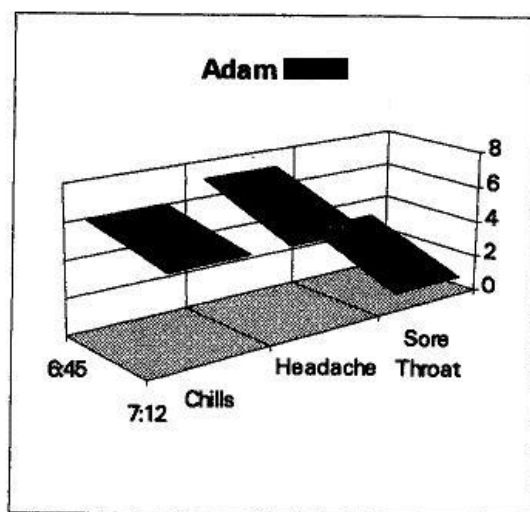
**Pain Before Session:** 5

**Pain After Session:** 1

**Length of Session:** Ten Minutes

**Comments:** "I noticed in the beginning my knee was inflamed and sore and very tense. Over time it began to relax and I felt a few sharp pains. It feels much better, and brought down the swelling. I really was impressed, I wouldn't mind having it done every time I had soreness. I think this should be a regular practice. Its like the pain melts away."

\* Woman's Basketball Team



**Adam [REDACTED]**

**Chills, Headache, Sore Throat**

**Date:** December 4, 1995

**Condition 1:** Chills

**Condition 2:** Headache

**Condition 3:** Sore Throat

**Length of Conditions:** 16 hrs.

**Pain Before Session:** Chills 6

Headache 7

Sore Throat 3

**Pain After Session:** Chills 5

Headache 5

Sore Throat 1

**Length of Session:** 27 minutes

**Comments:** "My fever and chills decreased slightly and my general soreness in the throat and head came down. I feel slightly better than at the sessions's outset."