

Amazing Grace's Story: My Path from Curious Skeptic to Committed Believer...

Cindy Sprenger, MNRI® Core Therapist, Sarasota, FL, USA



It's April 2014. I have over 600 hours of MNRI® training and 4,000 hours of experience using it in my private practice. It has completely revolutionized my career. I believe it is the most profound approach that exists for treating children and adults with many types of challenges. However, I was rather skeptical in the beginning. I was a seasoned occupational therapist in March 2010 with 20 years of experience in the healthcare field. I happened to take my very first MNRI® class from Svetlana Masgutova herself. During class she frequently spoke about the profound improvements in her clients with many of them making life changing gains in just a few sessions. I, being a seasoned professional and knowing the normal path for improvement, felt she might be stretching the truth but wanted to keep an open mind.



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Despite my skepticism, I left Dr. Masgutova's class hopeful that the handful of MNRI® exercises I learned would add something positive for my clients. Perhaps it would give me another tool in my already large 'bag of tricks'. I frequently used popular and widely accepted therapeutic modalities such as Sensory Integration (SI) methods, Interactive Metronome®, Therapeutic Listening® program and Neuro-Developmental Theory (NDT) as the basis for my treatments. So, I went home and practiced three or four of the MNRI® exercises on my husband for a few days until I felt proficient with them.

I decided to try MNRI® for the first time on Grace, a six month old baby girl who had already been on my case load for two months. This baby was drug-exposed in utero and was currently in a medical foster home. She had originally presented with relentless crying along with significant motor delays. Over the two months I had been seeing this baby, although I was able to bring her to a happy disposition, her motor skills were that of only a two month old. She was unable to bear weight through her legs when placed in standing position. She was unable to lift her head up to 45 degrees or push up onto her hands while lying on her stomach. She was unable to roll onto either of her sides from her back. She could not yet lift her legs and grab her feet when lying on her back.

March 22, 2010 was the first day to incorporate any MNRI® into our sessions. I had practiced and felt confident using the Bauer Crawling, Spinal Galant, and Hands Supporting Reflex patterns and exercises. Toward the end of that first MNRI® session this baby made the first lateral trunk flexion (side bending) motion I had ever seen her perform. I sent the family away without making any changes to their Home Program which consisted of



Bauer Crawling

traditional techniques. When they returned on March 31, they were so excited to tell me that she had learned to roll onto both of her sides. Her skills for this were perfect! Encouraged by this, I did my initial three exercises again and added the Trunk Extension Reflex pattern and exercise. Following this I stood her up onto her feet and surprisingly she straightened her knees and stood! She was able to stand this way for over two minutes. Again, I sent the family away without changing their home program. When she returned on April 7, I was amazed. She could hold your hands and bounce up and down and tilt her pelvis forward and backward. Overall, she had made four months of gain in just two weeks!

Looking back, the astonishingly rapid changes this baby made were due to the ability of the Masgutova Method® to unlock the body's hidden potential. She had the genetic code for all of these movements. Her brain just needed a little reminder about using them.

This was just the beginning of my journey. My appreciation for the Masgutova Method® quickly grew to the point that it has become the predominant technique I use with ALL clients in my private practice. Dr. Masgutova's approach to reflex integration is truly unique. In my opinion, MNRI® represents a paradigm shift in the way reflexes are viewed and treated. My ongoing success stories continue to inspire me about its potential. Over four years later, I remain as committed as ever to learning all that I can about MNRI® from Svetlana. It excites me to think about all the people, both children and adults, who I can reach to truly help improve their lives. The Masgutova Method® is a true Godsend for me and my families!



I congratulate all the children and families that I work with, and wish them the best in using their potential through reflex integration for new skills and abilities. – Cindy Sprenger