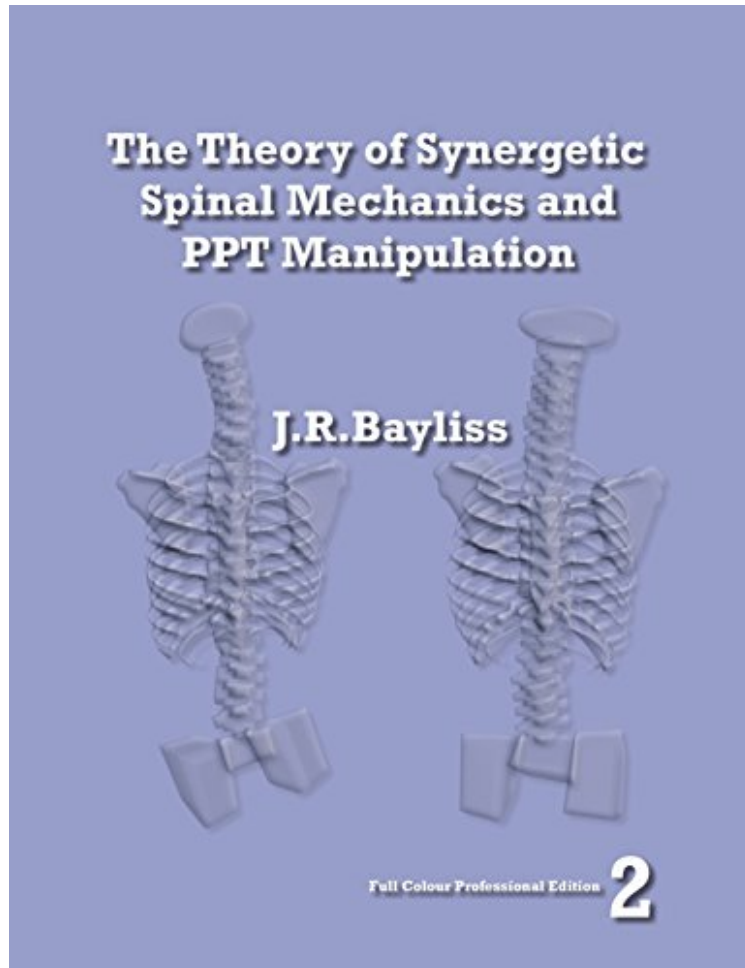


(Free pdf) The Theory of Synergetic Spinal Mechanics and PPT Manipulation - Edition 2

# The Theory of Synergetic Spinal Mechanics and PPT Manipulation - Edition 2

*J R Bayliss*

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**J R Bayliss : The Theory of Synergetic Spinal Mechanics and PPT Manipulation - Edition 2** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Theory of Synergetic Spinal Mechanics and PPT Manipulation - Edition 2:

2 of 2 people found the following review helpful. The Theory of Synergetic spinal mechanics and PPT manipulation By Sarah Labrecque This book is of great practical use for any clinician using manual techniques to treat spinal pain. It uses color coded, easy to follow diagrams through out to explain sacral and spinal mechanics, that are fully integrated and finally make sense of how a real living body actually moves. The passive prone technique is simple and easily applied to both acute and chronic spinal pain. Clients report excellent results even after the 1st treatment with no after treatment soreness, I wish I had discovered these techniques earlier in my career. 1 of 2 people

found the following review helpful. Challenges The Accepted Theories By J. FELLAI am happy to be the first reviewer for this book. I've been a massage therapist practicing muscle energy technique, deep tissue, etc for the last 15 years. I love spinal motion theory and have several books on it. This book challenges all the accepted laws of spinal motion (Fryette's Laws) and seeks to fill in the gaps or refute them altogether, to produce a more complete, logical system of assessment and treatment. The author states simply that the accepted theories, upon which all spinal manipulative therapies have been based, are terribly flawed and/or incomplete. He says he went back to the beginning and studied the spine in detail, based on both detailed anatomy of the joints, and tests done on weight bearing subjects. He points out that most or all of the studies previously done on spinal motion were done on patients who were non weight-bearing or done on cadavers. Hence, it changes the way the spine moves. Most notably, his theory of spinal motion states that normal, physiological spinal motion is dependent on proper sacral mechanics. I'll tell you right off that the detail he goes into is intense, and it goes beyond my head much of the time, and like I said, this stuff is usually right up my alley. So, given that many of us may have no way to say he's correct or incorrect in his theories, the proof is really in the pudding. Do the techniques work? They certainly have been for him. He said they work more profoundly and effortlessly than standard high velocity treatments which he's been doing the last 25 years. I myself haven't done the techniques yet, but am very anxious to try them. His treatment approach is very simple compared to muscle energy techniques or HVT's. They are all done with the patient prone. There is no awkward positioning or detailed motion palpation to be done, which is very welcome! Based on his theories, the body is placed prone in a slightly specified position so that the sacrum is in the proper position to allow the correction to take place further up the spine. A slight pressure is applied to the transverse or spinous process, and the fixation melts away. I don't know if these theories will revolutionize spinal manipulative therapy or not, but one thing is for sure: the guy has done his homework and come up with a therapy that works. I guess only time will tell, but I'm rating this book 5 stars because it's a rare scholarly work focused on results, and if that doesn't deserve 5 stars, nothing does.

This unique fully illustrated colour book is set to raise the bar in professional manipulation and how the spine and rib cage articulate synchronously and synergetically to compliment the wide range of movement's humans take for granted. Imagine a set of swift, precision, silent and efficient genuine manipulative techniques that when applied, the patient is unaware that they have just been manipulated and this includes the neck and sacroiliac joints. In practice, the safety factor during an all-inclusive manipulative treatment is raised to an unprecedented level. To be able to accomplish this, the old theories on spinal mechanics, discovered at the turn of the last century, had to be put to one side. This book introduces a new set of theories on spinal mechanics that can be demonstrated to work singularly, synchronously and synergetically, based on the extensive and pioneering research and experimentation of Osteopath J.R. Bayliss. From these theories it was possible to theorise how joints subluxate, and the book goes into much detail about how this happens. It was only from this new beginning that the new type of manipulation protocol was discovered. It is called 'Passive Prone Technique' because all the patient has to do during the procedure is adopt a relaxed, prone and passive position. The therapist can actually feel the joint and not just the soft tissue effortlessly sliding back into place under their fingers. Because PPT's have such a low trauma footprint on the body it is possible to manipulate both of the sacroiliac joints and every one of the lumbar, thoracic and neck joints in one treatment session. This offers the potential of getting the spine very straight, hence the nickname 'true alignment'. Not only this, Edition 2 of this book has been expanded to cover how the rib cage and shoulder girdle integrates with the spine during breathing, extension, flexion, rotation and side-bending. There are four extra chapters covering their physiology and how the individual joints subluxate together with, the types of subluxation patterns that develop and cause the commonly identifiable misshapeness of the human torso and restrictions to the breathing mechanism. Co-operative Supine Technique and Co-operative Prone Techniques are introduced and are illustrated to show how the rib cage and shoulder girdle can be effectively manipulated to take the mobility and the alignment of body's symmetry to a new level.