

GENERAL PRINCIPLES OF SPINAL TREATMENT

Common manipulative measures familiar to the D.O. served to mobilize and reduce lesion areas. When and if mild effort was not contraindicated, a program of "spinal ~~RECONSTRUCTION~~^{REHABILITATION}" was instituted for each patient at the outset of his care. This term is used to refer to a regularly pursued daily regimen of correctional stretching or bending of the shortened or tighter soft tissues involving the head, neck, and thoracic regions. These prescribed home treatments are largely passive in nature, but some are also active on the part of the patient. For the most part they are adopted after the principles and methods as emphasized by Bailie.

The purpose is to forceably, but gently, lengthen the short ligaments, muscles, tendons, and fascial bands which are always present paravertabrally in the LUMBAR-CERVICAL thoracic cage on the concave side of any curve or list in the "strain" area. It is primarily the condition of these shortened ischemic fibrotic tissues, so frequently ignored by the physician, which by their very shortness and loss of normal resiliency result in the rapid return of restricted motion to the lesioned segments. By degenerative aging effects, by postural attitudes in standing, sitting, and sleeping, and by occupational habits and constant gravitational influences they must return, after manipulative correction, along the lines of least resistance to their accustomed previous status. All tissues shorten with aging; and injured, strained, contracted and ischemic fibrotic tissues shorten even more rapidly. These involved tissues therefore, being shorter than their contralateral fellows most persistently result in restriction of normal vertebral and rib motion, and cyclic, if not unremitting lesion effects.

If then, a physician fails to prescribe some daily measure directed toward "neutralizing" or preventing the harmful effects of these forces, he must certainly increase his chances of joining the overpopulated category of the ~~PHYS.~~^{PHYS.} who has been disappointed with his manipulative results in treating disease processes.