

Chiropractic Manipulative Reflex Technique: Based on the work of Major Bertrand DeJarnette, DO, DC [Book Review]

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Introduction

In order to do a thorough and proper review of this book I established five questions that would serve, in my view, the requirements for a critical review.

Dr Blum has been practicing Sacro Occipital Technique (SOT) since 1980 and has written extensively as well as lecturing frequently on SOT and Chiropractic Manipulative Reflex Technique (CMRT) for the past 45 years. He is a prominent figure within the SOT community and is currently affiliated with several chiropractic colleges and journals. *A more comprehensive biography of Dr Blum is given in the appendix.

Dr DeJarnette

SOT was founded and developed by Dr. DeJarnette, based on over 70 years of dedicated research, study, writing and teaching.

Dr Getzoff

Practiced SOT for 46 years and has written about SOT, CMRT and SOT related subjects and authored a five-year, sixty-five patient study on occipital fibres.

1. Does this book provide thorough references, research, and factual information?

Each of the nineteen chapters, except chapter 19, which is the afterward, end with reference pages. The reference pages contain in total 32 different writings by DeJarnette from his earliest writings in 1928 to his last writing in 1984. Within the extensive reference pages there are 28

different writing by Blum either as the sole author or as a co-author on CMRT and related subjects and his study and research of the DeJarnette's writings. Dr Blum's study and inquiry into DeJarnette's research, what was initially referred to as *Bloodless Surgery*, details not only the process of non-musculature care, but his rationale for each aspect of his research and discovery.

Along with the DeJarnette and Blum writings are a significant number of relevant writings by researchers who studied and published on the subject of non-musculoskeletal care and related subject matter. There are frequent references to writings throughout that discuss viscera/somatic, somatic/viscera topics as well as studies regarding the spine and soft tissue relationships. All of the soft tissue techniques throughout the book are clearly and systematically explained.

2. Does this book provide an applicable experience, enabling readers to implement the concepts presented?

Each page illustrates the subject matter being studied, containing at least a drawing, a picture, a chart or a diagram consistent with the information being discussed on that page. The review guide, located on pages 221 through 238, provides a comprehensive, step-by-step guide with accompanying images, illustrating the care for each vertebral level and its associated organ inclusive of soft tissue care to position organs, enhance blood and lymph flow and induce improved respiration. This review guide is a composite of the detailed study covered thoroughly in chapters 7 through 17.

Dr Blum, to further enhance the learning process, provides a four-page review of the Autonomic Nervous System *'To better understand some of what we are attempting to affect with CMRT it is helpful to have a brief overview of the autonomic nervous system'*. The function of the nervous system in general and its relationship to CMRT is well described throughout the book.

3. Although the book emphasises 'non-musculoskeletal care', does it adequately address the spine/organ relationship?

In the introduction Blum states *'CMRT is used as a method of treating the spine or vertebral visceral syndromes associated with viscerosomatic or somatovisceral reflexes. Treatment involves location and analysis of an affected vertebra in a reflex arc by way of occipital fibre muscular palpation'*. On numerous occasions Blum discusses the nature of occipital fibres, its relationship with the spine and the therapy necessary to maximise the spine/organ relationship.

Chapter nine titled *'Occipital fibres and Chiropractic Manipulative Reflex Technique'* covers the evolutionary development of occipital fibres, the 'plausibility' for their relationship to chronic postural imbalances, how to identify occipital fibres lines 1,2,3, their meaning and how they identify specific spinal adjustments needed. Blum writes that DeJarnette felt that the determining factor for treating organ reflexes was the recurring vertebral subluxation. Dr Blum clearly understands the connection of occipital fibres, spinal vertebra and their link to the viscera, and he expresses and illustrates it well.

4. Does this book relate occipital fibres, spinal adjustments and CMRT to the SOT category system?

Blum states in this book that *'Traditionally CMRT was a procedure only used with category one patients who had active occipital fibre and vertebral indicator involvement'*. However, it can also be used as follows: When the occipital fibre and vertebra in its reflex arc is persistent for at least 2-3 office visits.

Also, in the non-acute category two patients transitioning toward stability or category two patients with joint hypermobility syndromes. And patients presenting with a primary condition which is determined by patient history, allied healthcare assessments, laboratory findings and associated referred pain patterns. The pages containing this information have charts that designate occipital line two fibres associated with specific vertebra and multiple diagrams illustrating occipital line diagnosis.

Notably, Blum quotes DeJarnette's major criteria for CMRT, 'The recurrent spinal subluxation'. Blum further comments on the relationship between line one fibres locating vasomotor subluxations and their effects on meningeal tissue, stagnating the flow of cerebral spinal fluid, a needed function of category one. Referred pain is neurologically explained since it can be an essential part of the patient's symptomatic profile. Identifying spinal subluxations through occipital fibres is central to the SOT category system and it is effectively explained in this book.

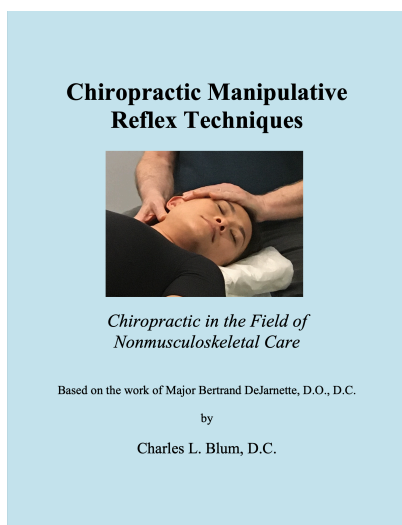
5. Does this book stay on purpose and is it consistent with its intent?

Dr Blum states that 'This book will present historical information, current research to support CMRT's biological plausibility and will add important information to the chiropractic clinical experience'. He further states 'The purpose of this book is to serve as a foundational text for DeJarnette's CMRT. As such, doctors now can have a baseline from which to build non-musculoskeletal patient care practices'.

As an SOT practitioner that utilised and wrote about occipital fibres, their relationship to the spine and associated viscera, I would, without hesitation, say that this book does an exceptional job detailing the physiology, neurology and anatomy that makes up the understanding of spinal organ relationships as well as describing the methods of treatment. The writing is detailed and clear, while the visual aids make for a great addition to the learning process it sets out to achieve.

Conclusion

As a long-time practitioner of SOT, utilising occipital fibres and CMRT, I wholeheartedly endorse this book for those who seek these methods of practice. As a practitioner I found the CMRT work, as taught by DeJarnette, gratifying and extremely helpful to the needs of my patients. This book offers everyone who studies it the same opportunity.



Details

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Appendix

Charles L Blum, DC, CSP, CSCP has been in private practice in Santa Monica, California since 1980. Dr. Blum is an SOT and SOT certified cranial practitioner. He served as the president of Sacro Occipital Technique Organization (SOTO-USA) and now serves as their research chair. Dr Blum also serves on the adjunct faculty at *Cleveland Chiropractic College*, as well as on the associate faculty of *Southern California University of Health Science*. Previously he served on the *Palmer College of Chiropractic West* teaching Sacro Occipital Technique. Presently he is on the peer review board of the *Journal of Craniomandibular and Sleep Practice (CRANIO)*. He is associated with *Chiropractic College Conference* peer review committee, the *Journal of Contemporary Chiropractic*, the *Asia-Pacific Chiropractic Journal* and the *Journal of Chiropractic Medicine*. He has lectured nationally and internationally and has written numerous SOT texts and articles. He has compiled SOT and cranial related research and has extensively published in multiple peer review index journals and has lectured at research conferences from 1984 to the present. He worked with Dr DeJarnette when he visited Los Angeles from 1980 through 1986.

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