



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

*J R Bayliss*



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## **The Theory of Synergetic Spinal Mechanics and PPT Manipulation - Edition 2 J R Bayliss**

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 misshapenness 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.



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