

The Perrin Technique

A Guide to examination and treatment.

You are encouraged to bring along a friend or relative on your first visit as there is a lot of information to take in. The examination will also include the breast tissue, you may feel more comfortable if there is someone in the room that you know well?

You should also:

- ❖ Bring with you the completed patient questionnaire and make a note of any medications. This will aid in assessing your condition and in reaching a correct diagnosis.
- ❖ Ensure that you have read and understood the section on **The Side Effects of The Perrin Technique**.
- ❖ Be aware that on the first visit a detailed case history will be taken including a full medical history. It is important to make a full examination of the spine, breast, head and neck. This will involve undressing to your underwear or you can wear shorts and a tee shirt if you prefer, a gown can be provided if you wish. You are welcome to bring a friend or relative with you into the treatment room if it makes you feel more comfortable. Please note that the case history taking and examination and feedback will take up all of the time on the first visit.
- ❖ At the end of the first consultation/examination a detailed explanation of the diagnosis and proposed treatment will be given to you. Please do not hesitate to ask any questions about anything that you do not understand about the proposed treatment.
- ❖ The current fees are **£54** for your first visit which will normally last approx. 1 hour, the second treatment lasts approximately 45 minutes involving a demonstration of self-lymph drainage techniques and costs **£49**, then **£39 for subsequent visits** which will normally last half hour. However, please note that these appointment lengths may vary as some patients need extra time and some require less time. The important point to remember is that your osteopath aims to achieve the maximum benefit for you condition during each treatment session and the fee reflects your osteopath's experience and decision on each occasion.
- ❖ If you are covered by private Health insurance you are expected to settle the bill for each visit yourself (unless otherwise agreed that the osteopath will claim direct from your insurers) and you will be given a receipt so that you can reclaim the fee from your insurance company. Payment can be made my cash, cheque or credit/debit card.

The Side Effects of the Perrin Technique

One indication that the Perrin Technique is working, is the fact that most patients feel a great deal worse at the beginning of their treatment. The reason for this initial exacerbation in the symptoms is due to the fact that, for the first time, the toxins embedded (possibly for years) in the central nervous system are being released into the rest of the body.

The most common symptoms in the early stages are nausea, headaches and general pain. These complaints can be easily explained. Nausea is caused, usually, by the liver having to cope with the extra toxins, which are draining via the lymphatic drainage into the blood. This is why patients are advised to take milk thistle extract (silymarin) and plenty of drinking water, as they are useful in helping the liver cope with the increased level of toxins. If you cannot tolerate milk thistle, try ginger. Those patients who cannot cope with any supplements should drink plenty of water and follow as healthy and balanced a diet as possible.

Headaches and pain may also be due to excess toxicity. As the treatment encourages the toxins to leave the brain, the toxins will initially affect the superficial tissues in the head and, as they drain down to the rest of the body, pain may follow. The toxins inside the brain do not cause pain as there are no pain receptors within the brain.

However, toxins do affect the function of the brain, and this accounts for most of the symptoms of CFS/ME. The first few weeks, or sometimes months in severe cases, are always the most trying for the patients. The worse the patient is in the early stages of treatment, the better, usually, it bodes for their prognosis. While the body's drainage system is improving with the treatment, another unpleasant sign is the appearance of spots, boils and other skin eruptions.

Until the lymphatic channels are working properly, the toxins have to go somewhere and the quickest way out of the body is often through the skin. These skin problems normally clear up as the treatment progresses.

The main aspects for CFS/ME sufferers to focus upon are the changes occurring with the treatment. (If change has not occurred in any way during the first twelve weeks of treatment, the patient may have to take an alternative route in their search for a cure.) The treatment often hugely improves the patient's health, but some may need other treatments in tandem in order to alleviate all symptoms. It has been noticed that other treatments – whether they are dietetically or pharmacologically based – work better after the patient's neurolymphatic pathways have been improved. Patients who have tried supplements before treatment to no avail, are advised to try some of the supplements again after undergoing the Perrin Technique, as they may now prove more effective.

Remember that there are other conditions that can commonly occur together with CFS/ME that may require an additional or slightly different approach. For example, fibromyalgia is often seen in CFS/ME patients. This condition, which features painful muscles, can be detected by palpating 18 known trigger points throughout the body. If at least 11 of the 18 are tender, fibromyalgia is diagnosed. There are many books on the subject with illustrations of the trigger points. Because the massage used in the treatment plan may aggravate the pain in fibromyalgia, the massage should be kept to the minimum in these cases. The painful joints should be gently stretched with plenty of cold compresses laid only on the spine (cold, not frozen, ice pops placed longitudinally are useful for this) and warm compresses placed on the surrounding paravertebral muscles.