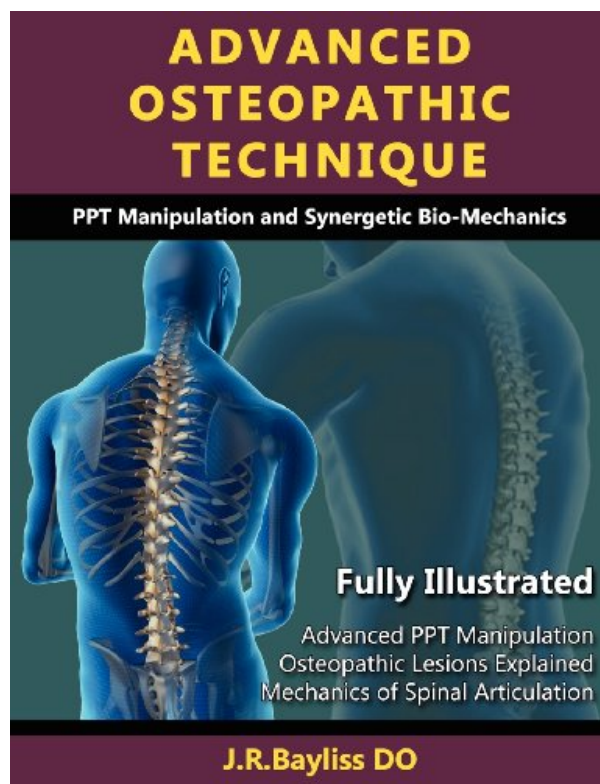


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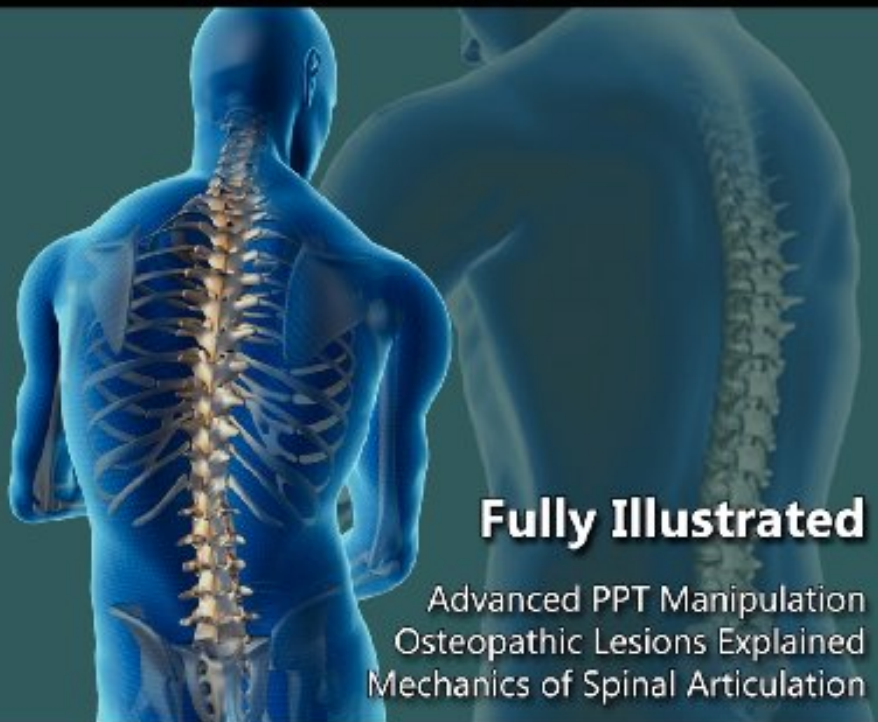


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# ADVANCED OSTEOPATHIC TECHNIQUE

PPT Manipulation and Synergetic Bio-Mechanics



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# **ADVANCED OSTEOPATHIC TECHNIQUE - PPT MANIPULATION AND SYNERGETIC BIO-MECHANICS BY JOHN RICHARD BAYLISS PDF**

Advanced Osteopathic Technique is the third and most complete revision of the PPT system of manipulation originated and developed by John Bayliss. His work and theories are recognized around the world by Doctors, Osteopaths, Chiropractors and Physiotherapists at all levels. At the core of Osteopathy is the Osteopathic Lesion. John Bayliss has been able to establish exactly what an osteopathic lesion is and the forces that create them. This information is explained and illustrated in detail in this book. With this knowledge this book also shows how PPT's unwind a lesion rather than wrenching it apart (gapping). PPT's are: • Painless and silent • Genuinely easy to apply manipulations • Leave little to no trauma behind • No awkward uncomfortable positions • Results are quick and long lasting • PPT's are entirely new John Bayliss is an Osteopath with over 25 years of experience. In 2004, frustrated by the short comings in osteopathic theory and manipulation at that time, with his background in engineering, he sought new solutions. To do this he started looking at all aspects of how the pelvic and spinal joints articulate individually and then synchronously. He looked beyond traditional thinking and focused research, with function and logic as his guide. Synergetic bio-mechanics and PPT manipulation are the result of his research. This book is a professionally colour illustrated proven technical manual for the forward thinking practitioner who is looking to update their knowledge and learn genuine cutting edge techniques.

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- Binding: Paperback
- 254 pages

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Excellent book

By A.K.S

Dr Bayliss provides a clear understanding of spinal articulation as well sacroiliac joint articulation , very well explained osteopathic lesions , easy to understand the biomechanics , covers rib cage issues, common faulty postures , physiology of walking etc. His technique in unwinding osteopathic lesions is very well tolerated by patients of all age groups.

I'm an MD with over 300 CME hours in osteopathic training . I found Dr. Bayliss book and DVD as

exceptional source for understanding osteopathic lesions and his method of unwinding lesions very effective

Recommend this book to osteopathic and Chiropracter physicians as well for physical therapist .

2 of 2 people found the following review helpful.

Paradigm Shift in the understanding of spinal dysfunction

By Amazon Customer

John Bayliss's Advanced Osteopathic Technique represents a paradigm shift in the treatment of back pain and dysfunction.

Dr. Bayliss has painstakingly worked out the physiology of the human core support system in a way that allows an entirely new, gentle and highly effective method of treating spinal dysfunction.

The integrity of the entire system depends on proper sacro-iliac function and balance around its S/I pivoting point. Dr. Bayliss carefully explains in great detail how this influences the entire upright postural support system and the effectiveness of corrective interventions.

I have spent the considerable time and effort required to learn this material and have seen its remarkable effectiveness when intelligently applied in practice.

Like many of the great discoveries of science, these principles becomes "self evident" once they are clearly seen and understood. Great discoveries are rarely appreciated in their time. Dr. Bayliss is one of those pioneers, who I believe later generations will look back to as a giant in the field of health care.

Spinal and pelvic articulations are a dynamic set continually interacting and influencing each other such that when only one joint is adjusted in isolation the others will tend to pull it back into its former position in the whole. With Dr. Bayliss's PPT system it is possible to adjust the entire set of joints at one session allowing for a much more permanent realignment and balancing of the whole system and the dysfunctional elements within it.

I highly recommend Advanced Osteopathic Technique to those interested in gaining a deeper and more effective understanding and treatment of spinal dysfunction.

Arun Seeley, M.D.

2 of 2 people found the following review helpful.

An excellent update!

By J. FELLA

I was happy to be a reviewer of the previous book when it came out a few years ago, and am excited to see the new manual on this updated technique. Let me say that I've been corresponding with the author since the previous book came out, and this has been aggressively researched since that time. He demanded perfection in his technique and has strived to update it accordingly. First off, I will mention that I'm reviewing this book based on my profession as a massage therapist of 20 years. My practice was primarily a structural-based one, where I was trained in standard American Osteopathic techniques (Phillip Greenman, etc) and the generally accepted theories of spinal motion. The technique I used was Muscle Energy Technique. I had incredible results for many years, but my only complaint was that some of the pelvic and sacral techniques were awkward and unwieldy to perform.

I then incorporated Jeffrey Maitland's techniques into my practice, which were more convenient and still very gentle, and gave me great results. Then I came across PPT and it threw most of my knowledge of spinal mechanics and manipulation out the window! I had to almost start over and re-learn everything as the model

was so different. The author points out that there were certainly holes in some of the Laws Of Spinal Motion (Fryette) and that he believed he had explained all those things in his new model. Objectively speaking, our current laws of spinal motion are based largely on cadaver studies over 100 years old, so it's pretty safe to say they aren't completely accurate and need updating.

The first part of the book explains the complexities and theories of how exactly the spine moves and becomes dysfunctional. I won't lie to you, it is complex stuff and will be some time before I can fully wrap my head around it. But Bayliss is compelled to know and explain exactly how a spinal lesion occurs. I wish some of the explanations had a little summary or something at the end, after the technical explanation, so I could have an easy way to explain to a client how the problem occurred. He does explain that in parts (the section on rib/thoracic dysfunction upon reaching behind yourself for your seatbelt) but more than once I was left unclear what motion or action a person would be performing in real life that would correspond with the things he was describing. It will probably become clearer as I re-read it.

Fortunately the exact how's and why's aren't necessary to assess and treat the patients, and the second half of the book is very clear and concise for the most part. The assessment procedures aren't difficult but will require some study-time if you're used to the more traditional techniques. The treatment procedures are very straight-forward as well. The pictures and diagrams are excellent! Some techniques are completely new (the pelvis balancing/tractioning techniques) and some are modified but similar to the previous versions.

For chronic issues I'll be using this in conjunction with fascia release work. It's up to each of us to discover what is the "right" way to do things, or "our" way. Mr. Bayliss has given us a very powerful tool to accomplish that, either by itself or in conjunction with other soft-tissue techniques. And PPT will be a huge part of my tool-box for a very long time to come.

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