

# Osteopathy Conference

## - Joints & Manipulation

June 9-11 Berlin Airport Conference Center

WHAT WOULD DR. A.T. STILL SAY ABOUT THE TOPIC?

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# Joints and Manipulation...

## What would Dr. A.T. Still Say about the Topic?



From the Museum collection of 4,000 pages of unpublished personal notes of Dr. A.T. Still, I selected these samples for today's conference.

**AMERICAN SCHOOL OF OSTEOPATHY**  
**KIRKSVILLE, MISSOURI**

Manipulations.

Your example is just the thing that your pupils will do until they have learned that they, you, or Osteopathy, is a failure. They do not get the results promised and expected. If you have use good mechanical language and demonstrated to the pupil the absolute correctness of your teaching then the young or beginning operator will get results that will encourage him and your teaching and establishes in his mind that your consul can be trusted, but without the language and the labor of demonstration you have made a bunglesome operator of him, provided he has no saving originality to guide him in his work. When <sup>instructor</sup> ~~he~~ is asked if ~~he~~ is good sensible practice, to pull, twist, strain or jerk a neck, spine or limb until it cracks or makes a noise tell him who has no object in adjusting a neck but to hear it crack is a brainless bigot of whom a mature mechanic would be ashamed. He is a dangerous professor if the school is unfortunate enough to have such fellows because of all the places where wisdom and mechanical skill is the foundation the sold and body of success in conducting the adjustment of the human body for all healthy purposes, right here I want to say, and emphasize with positiveness that the professor who teaches the use of force without reason will do more harm by his teaching than his salary is worth. In place of sending operators into the world that can cure, he is sending out men and women that will cripple an injure his patient and all the places that wise instruction should be given and demonstrated, it is in the room where the principals of manipulation are supposed to be taught.



**AMERICAN SCHOOL OF OSTEOPATHY**

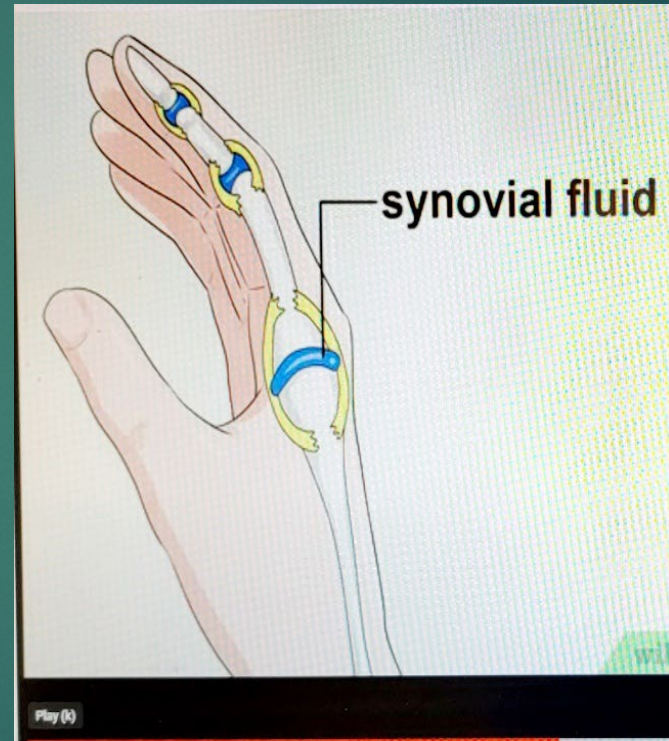
**KIRKSVILLE, MISSOURI**

The object of the operator is results or good health, and he should not be governed by the length of time he consumes in his manipulations spending his force and time cracking bones or anything else that our Osteopathic mechanics would be ashamed of. Know that you are right, and let it <sup>stop</sup> alone.

# The popping cracking noise of your joints

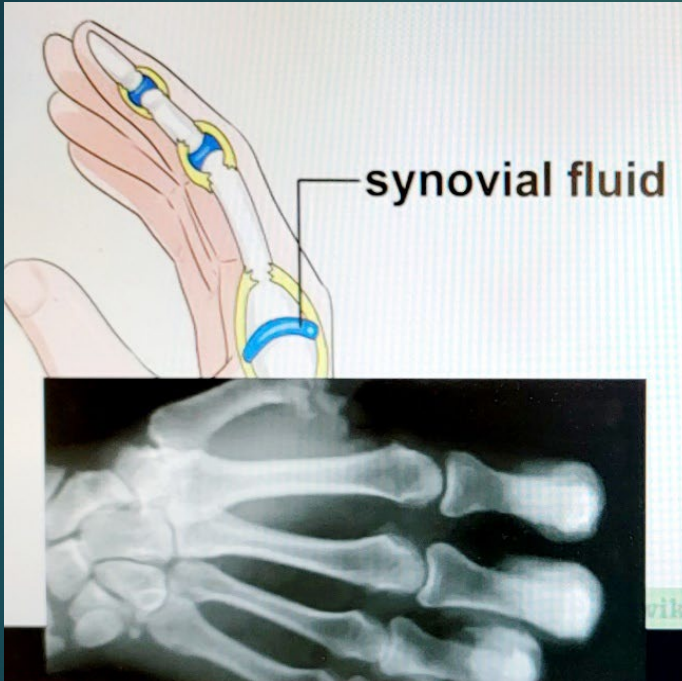


A joint is an articulation between two bones in the body. **SYNOVIAL** fluid is a lubricating that found in between your joints.

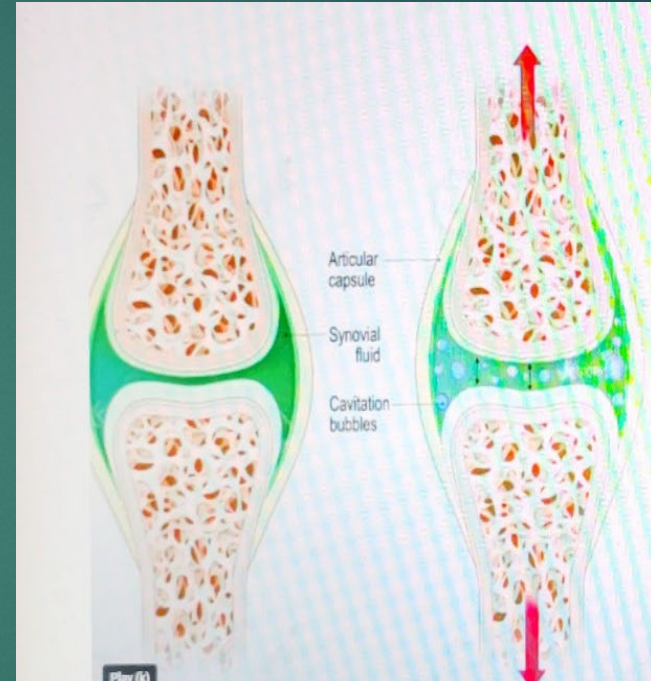


It reduce friction between the bone joints during movement. This fluid contain dissolved gasses like oxygen, nitrogen & carbon dioxide.

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When you stretch your joints (ex-by bending the fingers to Backward), it release the gasses from synovial fluid due to low pressure.

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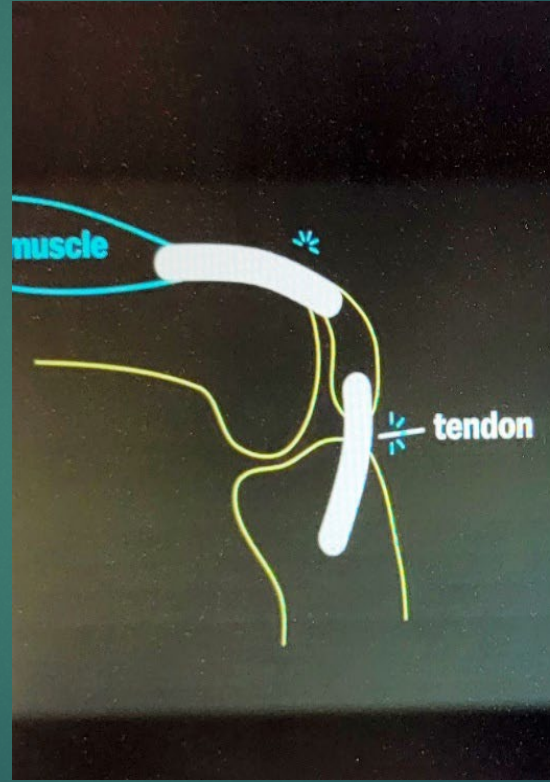
Inside the fluid the escaping gasses form a bubble with a pop sound and due to pressure it get collapsed.

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# The popping cracking noise of your joints



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doesn't cause Arthritis.  
But most often don't  
stretch your elbow,  
knee ,neck etc,  
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# The popping cracking noise of your joints



cracking your knuckles doesn't cause Arthritis. But most often don't stretch your elbow, knee, neck etc, as it can affect the ligaments.



In order to crack this same pop then you have to wait for 20 minute. You might feel relax, as if you have relieved pressure from joint, but satisfaction is mostly in your mind.

THE  
LENGTHENING SHADOW  
OF  
DR. ANDREW TAYLOR  
STILL

BY

ARTHUR GRANT HILDRETH, D. O.

President, Still-Hildreth Osteopathic Sanatorium, Macon, Mo.  
(For the Treatment of Mental and Nervous Diseases)

Past President, American Osteopathic Association, 1899 and 1910

Member, House of Representatives in Missouri Legislature, 1900-1904

Member, Senate in Missouri Legislature, 1924-1932



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thing we call osteopathy. Assure yourself of the mechanical features of this thing. It is a new concept in the treatment of disease. Remember, if ever a time comes when you are discouraged with a patient, make up your mind the next time you see the patient, that you resolve to locate the lesioned spinal anatomy—It will be there. It must be!" He went on telling about the obstruction to an artery being the cause of disease, and then added, "If I can get you and the other members of your class, who seem so full of promise, imbued with the fundamentals about which I try to tell you from time to time, it will be well for our science." And then he added, "Oh, if I can only burn this in, I am sure you'll be a credit to us all."

That young man had almost decided upon a different career—he, that day, was somewhat disheartened and was in the doldrums when this chance meeting with the Old Doctor took place. He told me afterwards, "To me that was the real date of my conversion to osteopathy." That classmate now enjoys a very large practice in one of our largest cities.

The Old Doctor was always so thoughtful and considerate, and so generous with poor students who were trying desperately to get through the college. I recall another case in point, though not of our class.

One of our most successful practitioners today gave me this account of his own experience there in college. With practically no funds, but filled with the hope that somehow he would be able to get through his course, this young man went from one of the great middle states to Kirksville to study osteopathy. Fortunately, the Old Doctor met him soon after his arrival, learned of the pittance he had, and then and there began a strange and most unusual act of philanthropy. He handed the young man enough money to pay his board and room rent for the coming week. Each week, thereafter, on a certain day, at a certain hour, this busy, generous-hearted man would enter this young man's meagerly furnished room, would sit down and visit with him for a few minutes, advise him about his studies and then, as he was leaving, would give him the amount of money necessary to pay his board and room rent for that week. This unusual performance took place regularly every week throughout the young man's entire course of study.

It was near the end of his last term, shortly before his senior work in the Infirmary was to close, that he was taught a lesson he has never forgotten.

One of his patients was a man who had recently come to Kirksville, to see if he could get any relief for an almost completely paralyzed left leg. The occasion was the patient's second visit for treatment. This budding young doctor, whose mind was filled with visions of a growing practice out yonder in some metropolis, had asked a number of impressively sounding questions of the patient and then had just begun treating him when in walked the Old Doctor, who quietly took a position where he could clearly see everything the young doctor did. There he stood, leaning on his famous old staff that for years had been his constant companion. Not a word did he utter. It was a trying moment for the young doctor, yes a very embarrassing moment for him. All the many hours the Old Doctor had spent in his meagerly furnished room, and the unnumbered fatherly words of advice he had received there from him, now came rushing quickly through his mind, and he faintly began to realize all that this grizzled old man meant to him, and his pride and feeling of gratitude spurred him on to demonstrate to his benefactor and preceptor how much he had profited by those hours of advice and acts of kindness. And so with his mind filled with these myriad thoughts he began a stereotyped, mechanical sort of manipulation of the patient's whole body. He manipulated the poor fellow from stem to stern, from port to starboard, and then back again. And then, hoping to be doubly impressive with his preceptor, who all this while had not spoken a word or lifted his eyes from the performance that was taking place on the table, the by this time perspiring young doctor repeated this shotgun performance again, and then with a swelling sort of pride he turned with a look of anticipating approval at the Old Doctor.

He had not long to wait, for the latter by this time was crimson with rage. He rose to his full height, straight as an arrow, and said, "Young man, you have not given this man any osteopathy at all. I am disgusted with you. I am ashamed to look at you. With all these months of study you have here demonstrated you don't know a thing about osteopathy. You are just an engine-wiper. I am tempted to not permit you to graduate."

And then, without another word, he placed the patient's knees over his right shoulder, put his arms around the hips and hands under the patient's sacrum and fifth lumbar vertebra, and then with a spiral twist of his own body he suddenly gave a thrust with his shoulder against the patient's buttocks that resulted in a resounding pop. That was all he did. Presently he asked the patient to get up and walk. This the fellow did, to the utter amazement of the young doctor, and walked about without any limp or pain whatever. It was this precision of anatomical knowledge that Dr. Still longed for each student to acquire in his college course and then use on every case that presented itself for care.

One day I met Dr. Still just inside the front entrance of the college building and he said, "New York," that was always his term of greeting to me, "come with me." He led the way to a room I think on the garret floor, and there he showed me a treatment chair he was building. He explained that he was trying to build a chair that possibly might be helpful in the correction of vertebral and rib lesions. He asked my opinion of it and I told him it did not appeal to me as a very effective device. The Old Doctor agreed, and then added, "Riley, there is nothing that can beat the hands for correcting lesions." Such an observation, such an estimate as that, from such an authority, should cause every osteopathic physician to give it some very careful thought. No matter how perfect nor how marvelous a piece of mechanism you may have, it is nevertheless a mechanical device, and as such can never take the place of that matchless combination of brain and skilled hands, hands that know well both the normal and the abnormal, that sense the resistance of lesions and enable the brain to control the amount of force to be applied, the exact direction, and the exact moment for its application in the correction of lesions. As he expressed it in his Autobiography, "An intelligent head will soon learn that a soft hand and a gentle move is the hand and head that get the desired result."

I have referred to his solicitude for the students and their adherence to the fundamentals of osteopathy. Well, he practiced what he preached. He held himself to a strict accountability on that subject.

As I write, there comes to my mind an observation that I, as class representative, made on our graduation day, that happened

Two Hundred Treatments.

Suppose that two hundred treatments is the requirement of any Osteopathic School prior to graduation. Suppose he has treated or rubbed without any object before him, <sup>but</sup> and his patient is just as lame and helpless after he has received two hundred, <sup>or two</sup> five hundred treatments that has no object but that of obtaining a sheep skin, what is he but a blank in combating diseases which is the effect ~~of~~ some absolute cause? Why not <sup>the student</sup> classify the rule of instruction to the coming operator teach him how to treat the diseases of the head and its organs, <sup>the student</sup> show him how and exact of him the result which is health, and all which is health minus pain and misery. When a senior or a graduate tells me that he has given the required number of treatments and fifty more and thinks that he is now entitled to his diploma and he recommends <sup>his</sup> as-  
thematic patients, and his hay fever patient to a change of climate and hunts till he finds some mountain or spot that he can go to every year to get relief from asthma and hay fever, I know that that man is a <sup>blank</sup> blank in all such combats, suppose he had the mental capacity to comprehend what variations or abnormalities in the neck spine, or ribs, <sup>was</sup> was the cause that produced hay fever or asthma, and would relieve that man, and all such patients he should be credited for what he knows and not a single scratch or mark allowed him for anything but results. <sup>in the patient's case</sup> Here we have cases con-  
demned to death by the surgeon's knife for exolthomac goitre would an osteopath stand and bray like a donkey and tell this man to go to the mountains, wash his nose with borax, pull wads out of his nose, cut out his tonsils, or as an engineer would he show some <sup>and</sup> sense, take the pressure off and give this patient

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I say the operator should know why the head and its organs suffer, and what is the cause of such effects. Then go on to the diseases of the neck, chest, abdomen, pelvis, limbs, and don't tell me that you have treated the required number of times unless you tell it by results. Results speak for you. They are the mouth piece for absolute intelligence. I have had people come to me, suffering with all the agonies of spasms, if you would simply cut a thumb that ~~had~~ been mashed in a cider mill it would throw her into spasms. She had had all of the dopes, wisdom and ignorance that will amount to many thousand then the surgeon in his ignorance of cause and effect says cut off the thumb. I ask the surgeon will that cure it. His answer is probably it will. I put in one question to the many surgeons, why does that thumb cry with such misery? The answer was, we do not know. I spoke to an intelligent osteopathic engineer of philosophy and skill and asked the question what is the matter with this patient. He ran his hand up the spine, found a dislocation of the upper dorsal, adjusted it eighteen months ago. The woman is well. The doctors did swear at the idea of luxation of the spine being the cause. She is well and the doctor is silent. Goitres come by the dozen. Look at the old mortals that come here with what is called exalthalmic goitres and told that they must have the knife or die with nine dies to one cure promised, provided the patient has \$150.00 to \$1,000 before we will operate. Do you see the dollar, or the ignorance of the cause producing exolthalmic goitres and other goitres?

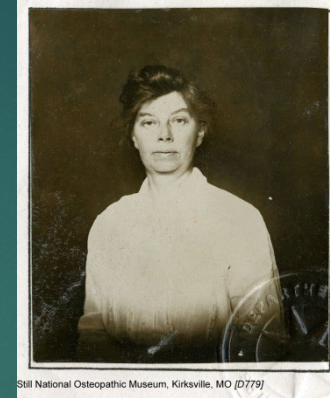
How much credit would you give an osteopathic that shows no more skill that to take the life of a man or woman. I say how much credit would you give him on his two hundred treatments. I would credit him with one mark, and I would make that mark with my boot toe. I want the osteopath to know that I have no credit for blunders. It is only proof of his ignorance as an anatomical engineer.

# Dr. Still always intended Osteopathy to be International and trained students from around the world.

Dr. A.T. Still stated in 1913 - The Flag of scientific progress is accepted as truth and honored as such, not only in America, but other countries.

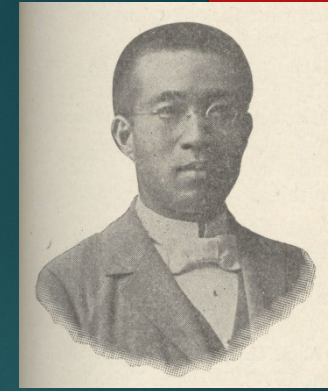
In 1915 - Dr. Still stated that by compromising with medicine, Osteopathy is doomed as the school that could have incorporated all the natural and biological healing arts.

One of his final statements on the topic in late 1915 - " I hope the faithful will rally around the [osteopathic] flag and we will build an International school that will offer no compromise unless it is the golden truth.

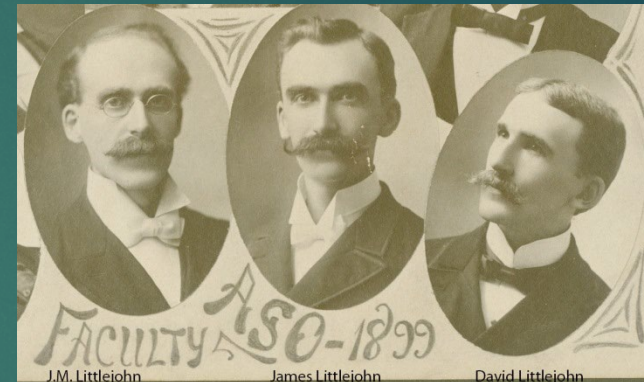



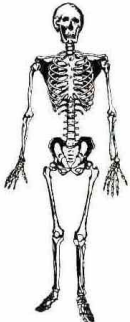
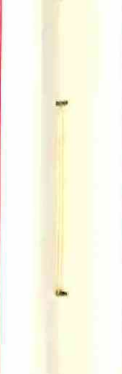
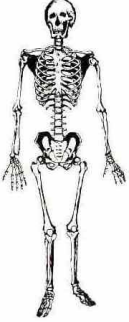

Still National Osteopathic Museum, Kirksville, MO [D779]

Dr. Florence MacGeorge Tasmania



Dr. K. Nemoto Akita, Japan



<p>ARDESHIR B. IRANI, Yezd, Persia.</p> <p>The progress of man depends upon faithfulness, wisdom, chastity, intelligence and deeds. He is ever degraded by ignorance, lack of faith, untruth and selfishness.</p>	 		 	<p>ANNIS H. JURAGE, Lebanon, Syria.</p> <p>It is not head merely, but a heart and resolution complete the real philosopher.</p>
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Lecture by Jason Haxton, M.A, DO (h.c.)  
Museum of Osteopathic Medicine - Director