

**THE TREATMENT OF  
TABETIC ATAXIA  
BY MEANS OF  
SYSTEMATIC EXERCISE**

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The treatment of tabetic ataxia by means of systematic exercise by H. S. Frenkel

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**H. S. FRENKEL**

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BY  
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SECOND REVISED AND ENLARGED ENGLISH EDITION

BY  
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ORMOND STREET, ETC., ETC., ETC.

WITH 125 ILLUSTRATIONS



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## PREFACE TO THE SECOND EDITION

THE text of the previous edition has been thoroughly revised, redundances removed, a few unnecessary illustrations taken out, and the remainder partly regrouped.

Practical experience has made it seem desirable to add "Notes" on the medical treatment that is often required during Frenkel treatment, embodying only those remedies which have almost invariably proved useful.

The establishment of the presence of spirocheta pallida in the meningeal spaces and the cerebro-spinal fluid of syphilitic tabetics has—since the publication of Frenkel's book—thrown a new light on the causation of locomotor ataxia. If the improvement brought about by the Frenkel treatment is to be anything like enduring, then the cause which keeps up the sclerosing process in the central nervous system must be removed before the movement treatment is begun. Hence the need of a thorough preliminary antisyphilitic treatment controlled by repeated Wassermann tests.

Similar considerations apply to chronic Morphinism. Treatment of this condition, if possible in a sanatorium, should be insisted upon before a tabetic is allowed to practise graduated exercises; not to do so may mean grievous disappointment and ultimate failure even in otherwise most promising cases, as the writer experienced to his regret.

May this second edition in its modified form meet with the same favourable reception that was accorded its forerunner.

L. FREYBERGER.

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## PREFACE TO THE FIRST EDITION

**DR. FRENKEL'S** method of treating Locomotor Ataxia by systematic and graduated exercises does not claim to influence the tabetic process itself, but to have a beneficial effect on the most prominent symptom of dorsal tabes—the ataxia. The first favourable results achieved by this method were published by the author in a paper read before the neurological section of the Congress of Scientists and Naturalists at Bremen in the year 1889. Since then he has improved and simplified the method, as well as the theoretical considerations on which it is based.

Frenkel's method of treating tabetic ataxia differs from that associated with the names of Professor v. Leyden and Professor Goldscheider on two important points: First, it lays the greatest stress on the careful repetition of movements—in one word, on practice, and not on athletic strengthening of the muscles, as v. Leyden and Goldscheider advocate; and, secondly, it requires very little apparatus.

Many, if not most, of the exercises of Frenkel's method are so simple, and need so few mechanical appliances, that every practitioner will be enabled to treat slight and moderately severe cases of tabes at his or the patient's house. It is unnecessary to emphasize the importance of this opportunity of home treatment in cases where pecuniary or other considerations make a stay at a sanatorium a thing of impossibility. Of course, treatment at a sanatorium for several months is the ideal, and home treatment at the very best but a compromise. Yet how many patients are there not for whom the chances of this compromise will mean a new lease of life?



The large number of illustrations will enable the reader to form a clear idea of how the various movements are to be carried out, what apparatus, if any, may be required, in what manner the movements of the patient are to be supervised and safeguarded against accidents.

The present edition is not a translation of Dr. Frenkel's book, but an adaptation of it to the requirements of the medical practitioner, whose chief interest of necessity centres in being enabled to treat the ataxia of his tabetic patient; hence all matter of a controversial or too theoretical a character has been omitted. Wherever possible, the English version follows closely the language of the German original; idiomatic difficulties, however, have not infrequently made it necessary to translate rather freely, but every care was taken to preserve the meaning of the original.

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