

VIBRATORY TECHNIQUE

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649437627

Vibratory Technique by Benjamin Houston Brown

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Edited by Trieste Publishing Pty Ltd.
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BENJAMIN HOUSTON BROWN

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New York
Vibratory Publishing Company
108 Fulton Street
1905

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INTRODUCTORY.

The object of this book is to furnish the general practitioner in as simple and compact form as possible, the technique to be used in the treatment of various conditions by Mechanical Vibratory Stimulation.

In writing this it has not been deemed necessary to include anatomy and physiology, with which all practitioners of medicine are familiar. All theory has been left out, and only a practical working basis given, so that any physician possessing a vibrator may take any individual case and in a moment's time be able to learn just how and where to apply vibration. The technique which is furnished here is based upon an experience of a number of years in which fully twenty-five thousand treatments

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have been given, covering many hundred individual cases of a widely varying lot of conditions. The technique which is described is one which has proven most efficacious in the writer's experience.

It is sincerely hoped that this small manual will serve the purpose for which it is written and that it will enable the practitioner to broaden the field of usefulness of his vibrator.

ATTACHMENTS AND TREATMENT.

Every vibrator should possess at least two attachments for spinal work, one to be used where the amount of sensitiveness present is not very great, and another in which a milder form of treatment can be given to those cases in which the spine is extremely sensitive. An attachment for local use over the abdomen and over the limbs is necessary, and should be in the form of a brush, so as to give only superficial stimulation. In addition to these, there should be a special attachment for treating the eye, one for treating the throat, and another for rectal or uterine vibration.

The spinal treatment should always consist of as heavy vibration as the patient can stand, and this should be increased at each treatment until they are able to bear quite a heavy treatment.

For inhibition it is always best to use the attachment which will get deeply in the tis-

sucs and bring about the result very quickly. Inhibition can generally be obtained in from twenty-five seconds up to a minute and a half, depending on the length of stroke and the amount of pressure being used. With heavy vibration and heavy pressure, the result is obtained in from twenty-five to thirty seconds; if the pressure be decreased and the stroke be diminished, to a medium, then forty-five to fifty seconds are required; if the shortest stroke is used, and pressure be light, vibration should be kept up a minute to a minute and a half, rarely more.

STIMULATION AND INHIBITION.

Vibratory Treatment should be divided into inhibition and stimulation, although some authors have three or more divisions of this subject. It seems that the point where stimulation merges into inhibition is so vague that no intermediate term need be used.

Stimulation is that form of vibration which will increase the activity of a nerve cell or of the part to which it is applied, or increase the function of the organs which are controlled by the centre over which vibration is given. Inhibition is the opposite, and when treatment of this character is given, it serves to decrease the activity of the parts to which it is applied, or to the part controlled by the nerve centre to which it is given. Stimulation can be obtained in from five seconds to a minute and a half, increasing the length of time as the amount of pressure and length of stroke are decreased, or conversely decreasing time as pressure and stroke are increased. Inhibition