

## **New movements in the manual treatment / Arvid Kellgren.**

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NEW MOVEMENTS IN THE MANUAL TREATMENT,  
with practical demonstrations.

Dr. ARVID KELLGREN, London.

It is pretty generally known that, since the beginning of this century, there has existed in Sweden a system of movements called after the name of its Founder, "Ling's System." In course of time some of the old movements have been modified and new ones have been added. This is more especially the case with those which come under the headings of Shaking, Vibration and Nerve Vibration. The changes and additions in these movements have mainly been made by my brother, Mr. Henrik Kellgren. By their means we can—provided they be correctly executed—not only reduce many inflammatory conditions, but also give great relief to patients suffering from diseases in the Central Nervous System.

I will now deal with the rules to be observed in the execution of these movements and with the general effect produced by them. The practical demonstration of how to execute them will be given in another room.

*I.—Shaking.*

The part of the operator's hand which comes into contact with the patient's body in the new Shaking movements, is the inner surface of the distal phalanx of one or more fingers. The movement should start from the elbow-joint of the operator. The bones of his fore-arm, wrist and hand, with their intermediate joints, act between the elbow and the last phalanges of the fingers like a chain through which a wavelike motion is sent forward and transmitted to the patient. In order to produce this

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wavelike motion, it is essential that the operator's joints should be only so far extended that the elasticity of the movement is not lost. Stiffness is on no account permissible, for if the joints be kept stiff the movement becomes hard and pushing, pain and discomfort are caused to the patient, and the disease is not attacked at all or is even intensified. On the other hand the movement—if correctly applied—promotes circulation, diminishes pain by reducing congestion and inflammation and increases secretion from the glands.

Shaking is applied to the throat in cases of chronic catarrh, and such illnesses as acute catarrh of the pharynx, tonsillitis and diphtheria can be cured by it. In these latter cases shaking is applied together with vibrations.

During my stay at Trieste and Pola, in the beginning of 1889, I treated two cases of each of the last-named diseases with complete success. One case of tonsillitis I treated at the clinics of my friend Dr. Michele Braun, and the others at the Marine Hospital, in Pola, where I gave at the time practical demonstrations of the manual treatment to the Surgeons of the Imperial and Royal Austro-Hungarian Navy.

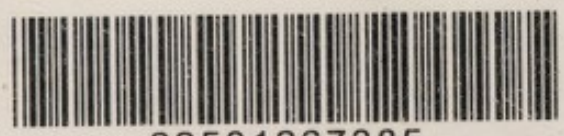
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Shaking is also applied to the liver in order to produce a more copious flow of bile, to the stomach for indigestion, dyspepsia, etc. and to the bladder against chronic catarrh.

II.—Vibrations.

In order to produce vibrations the operator places the whole or part—as the case may require—of the palmar surface of the hand and fingers lightly over the affected part of the patient's body, and then makes quick contractions, principally with the flexors and extensors of the forearm, and the radial and ulnar flexors of the wrist. By the rapid succession of these contractions the vibrations are produced.

The operator's hands or fingers must not be allowed to slide over the point of contact with the patient's body, as it is evident that then no vibrations can be transmitted to the latter.



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In executing these movements the operator must work with loose and free joints and with the smallest possible contraction in the muscles, he is using.

There are two mistakes which I have often seen made by those who have tried to produce these vibrations, viz. :—

*a*, Instead of making the movement at the wrist, from side to side, they use ordinary flexion and extension.

*b*, They produce the vibration by continued strong contraction of the muscles of the shoulder, arm and hands.

In the first of these cases no vibrations are produced, in the second the movement is hard, the delicate sense the operator ought to have of the pressure he applies is lost, and it becomes impossible to continue the treatment for any length of time, even for a few minutes.

Vibrations are much more efficacious in producing resorption and diminishing pain than shaking. While the latter is specially used in chronic cases, vibrations are had recourse to in acute diseases.

Thus vibrations are applied to the eyes for conjunctivitis, etc., to the larynx for catarrh, to the thorax for affections in the lungs, or over the heart to strengthen it, to the stomach and the abdomen in general for acute catarrhs, etc., etc.

### *III.—Nerve Vibrations.*

There are two ways of producing nerve vibrations :—

1. By friction, that is to say the fingers are drawn transversely across the nerve, somewhat in the manner in which a harp player passes his fingers across the strings of his instrument.

2. By vibrations made over and on the nerve.

When the latter course is adopted, the operator either follows the course of the nerve with his fingers in a centripetal direction, or he keeps his fingers fixed and vibrates upon the more painful parts of the nerve.

Which method of procedure (frictions or vibrations) should be adopted, depends upon the position and surroundings of the nerve, and upon the presence or absence of pain.

When we have to do with a muscular or a mixed nerve, and when our intention is only to stimulate it in an ordinary way, we apply frictions and pass up and down its course; but when pain is present, or the nerve is purely sensory, vibrations, either alone or followed by constant pressure, are to be preferred.

In giving these frictions or vibrations to a nerve, it is necessary that the operator should either feel it, or when it lies deeply, be well down on it, and that the tissues between the fingers of the operator and the nerve should move with the former, as otherwise the frictions do not reach the nerve.

The effects produced by these nerve vibrations seem, as far as I can judge, to be the following :—

1. Raising of the nervous energy.
2. Diminution of pain.
3. Contraction of the Capillaries.
4. Stimulation of the muscles to contraction.
5. Increased secretion of the glands.
6. Diminished excretion from the skin.
7. Lowering of the temperature.

There is no doubt but that by means of nerve vibrations combined with other passive and active movements, not only can the progress of most of the nervous disorders be stemmed, but even a cure effected.

Such illnesses as Neuralgia, Migraine, etc., are treated by this method every day with complete success, when the other ordinary medical resources have been exhausted in vain.

I have seen several cases of Paralysis, Locomotor Ataxia, Spastic Paralysis, Infantile Paralysis, etc., which have been greatly relieved by this method.

But the results of the manual treatment in these and other nervous disorders would be still greater, if patients had recourse to it sooner than is usually the case. At present it is used as a


last resource when everything else has failed. Then we have not only to contend against the diseases in their most advanced stages, but also against the sunken courage, lost energy and reduced vitality of the patients, which react so unfavorably on their general condition.

It is needless for me to say that these movements can only be properly applied by those who have had a careful and extended training. The idea seems to have got abroad that a strong arm and a powerful hand are the only requisites for applying the manual treatment. There could be no greater mistake. What is wanted is a light touch and an elastic hand, the strength of the operator comes in due time as the result of working. But what is wanted quite as much as the skilled hand, is a thorough knowledge of the human body, and long and good training. No amount of theoretical learning, however great, will of itself enable anyone to know what can and what cannot be done by this treatment.

I feel sure that many doctors, who have taken up the manual treatment as a speciality, have like myself more than once been astonished at the results actually obtained.

It is for the medical profession to take this treatment carefully into their hands and carry it forward. There is more in it than most people at present understand or expect. It is a powerful weapon against many an illness, which otherwise goes on more or less unhampered in the destruction of the patient.





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