

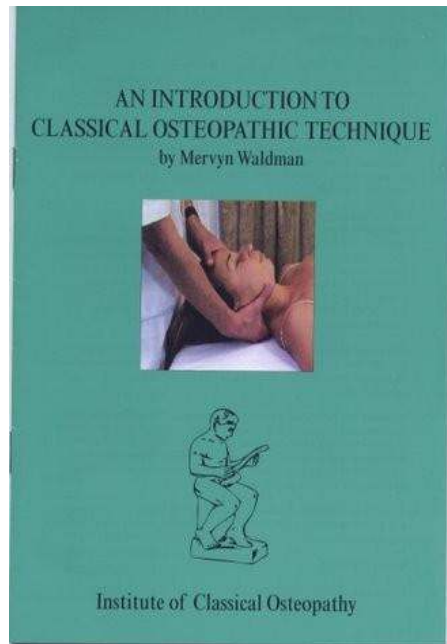
The Institute  
of  
Classical Osteopathy



Book and DVD Catalogue

February 2010

# An Introduction To Classical Osteopathic Technique (4 DVDs)



By Mervyn Waldman

Edited By Henry Lee and Christopher Batten

This four DVD box set is an introduction to classical osteopathic technique and is intended to be an accompaniment to full osteopathic training.

## Contents

### **DVD 1 (78 Mins)**

Introduction  
Initial Osteopathic Examination  
Standing Examination (Operator Seated)  
Seated Examination  
Body Adjustment Examination  
Body Adjustment Treatment

### **DVD 2 (109 Mins)**

Introduction  
Supine Techniques Of The Lower Extremity  
Supine Techniques Of The Pelvic Girdle, Lumbar Spine And Abdomen  
Supine Techniques Of The Thorax And Upper Extremity  
Supine Techniques Of The Anterior Throat, Head, Face and Sub-Occiput  
Supine Cervical And Occipital Techniques

# An Introduction To Classical Osteopathic Technique (Continued)



.....I would like to point out that one of the most distinguishing features of the Body Adjustment/General Treatment as applied classically, is its rhythmicity of application and relaxation inducing effects.

## **DVD 3 (105 Mins)**

Prone Techniques  
Inhibition And Stimulation  
Adjunctive Prone Techniques  
Side-Lying Techniques  
Additional Supine Techniques

## **DVD 4 (58 Mins)**

Introduction  
Techniques In The Seated Position  
Seated Extremity Techniques  
Stool Techniques  
Astride Techniques  
Bedside And Miscellaneous Techniques

## **An 18 Page Accompanying Booklet**

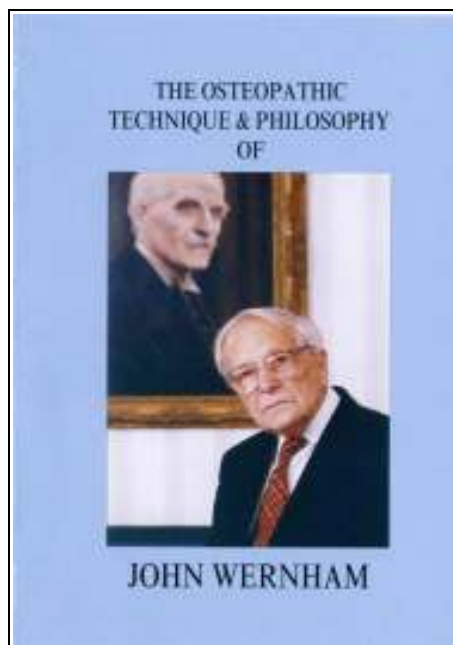
Introduction By Henry Lee (Chairman)  
An Outline Of The Principles And Practice Of The  
Body Adjustment/General Treatment By Mervyn Waldman

Total Running Time 350 Mins

Dimensions 185 x 127 x 27  
ISBN 978-0-9560865-2-5

**Price £85**

The Osteopathic Technique and Philosophy  
of  
John Wernham (I DVD)



Reformatted from the 1996 video  
By Christopher Campbell

**Contents**

Introduction  
John Wernham – A Brief Biography  
An Introduction To Classical Osteopathy  
Body Adjustment. Examination and Treatment  
Discussion  
Cervical Technique  
Pelvic Technique  
Maidstone Oscillatory Technique  
2<sup>nd</sup> Dorsal Correction  
John Wernham and His Mentor J.M.Littlejohn

**An 18 Page Accompanying Booklet**

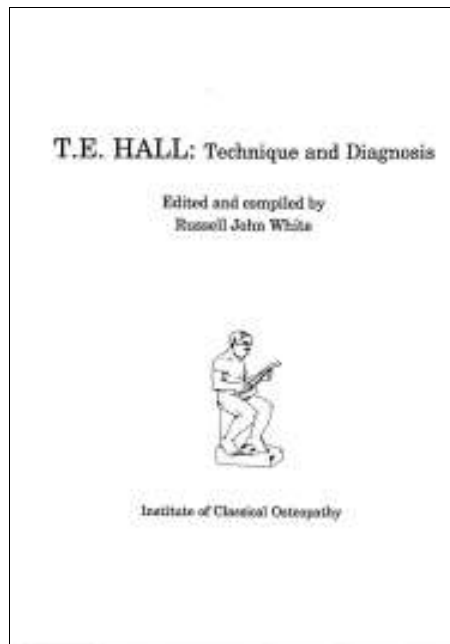
Introduction By Henry Lee (Chairman)  
John Wernham By RJ White  
Converting The Physical Into The Physiological By Mervyn Waldman  
John Wernham's Advancement Of The Body Adjustment By Chris Batten  
What John Wernham Did For Me By Phil Stenning (a Patient)

Total Running Time 200 Mins

ISBN 978-0-9560865-3-2

**Price £25**

# T.E Hall: Technique and Diagnosis



Edited and Compiled by Russell John White

.....Nearly all of the articles in this book are based on lectures and demonstrations given by him in the late 1950's and 60's. He was an entertaining and knowledgeable speaker, although somewhat prone to straying from the subject. Many of his anecdotes and asides have been included in the articles and they help to give a hint of his unique style of presentation.....

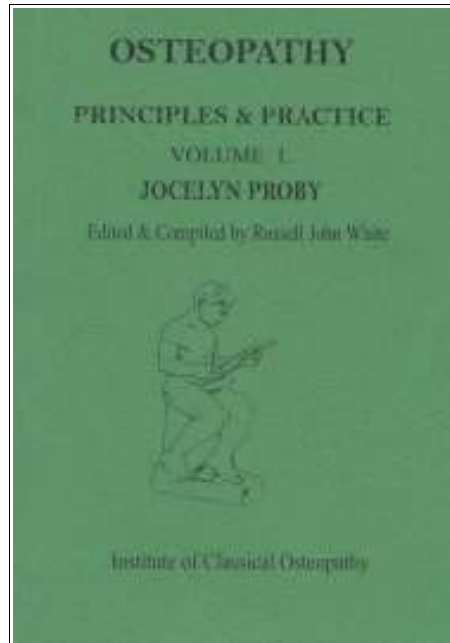
## Contents

Physiological Movements Of The Spine  
Mechanics Of Lesion Diagnosis In The Pelvis  
Diagnosis And Treatment Of Psoas Muscle Conditions  
Diagnosis And Treatment Of The Lower Back  
Two Man Technique  
Diagnosis And Treatment Of The Lower Dorsal Spine  
The Occipito-Atlantal Articulation  
The Elbow  
The Shoulder  
The Knee  
The Foot

Paperback 119 pages  
Dimensions 210 x 150  
ISBN 978-0-9530294-0-2

**Price £20**

Osteopathy  
Principles & Practice Volume 1  
Jocelyn Proby



Edited and Compiled by Russell John White

.....Jocelyn Proby was one the great figures in osteopathy. A man of brilliant intellect..... Those that knew him well, patients and colleagues alike, have many stories of his kindness and compassion. It was not uncommon for him to keep seriously ill patients at his home..... treating and nursing them himself.....Throughout his career he worked quietly and untiringly to help establish osteopathy.

**Contents**

Dedication

Introduction

Science And The Arts Of Healing

Essay On Osteopathy

Sacro-Iliac Propositions

Theory Of Osteopathy

The Integrity Of The Pelvic Girdle

Some Thoughts On The Problem Of Immunity

Diagnosis And Treatment Of Clavicular Lesions

Fashions And Fundamentals

Obituary

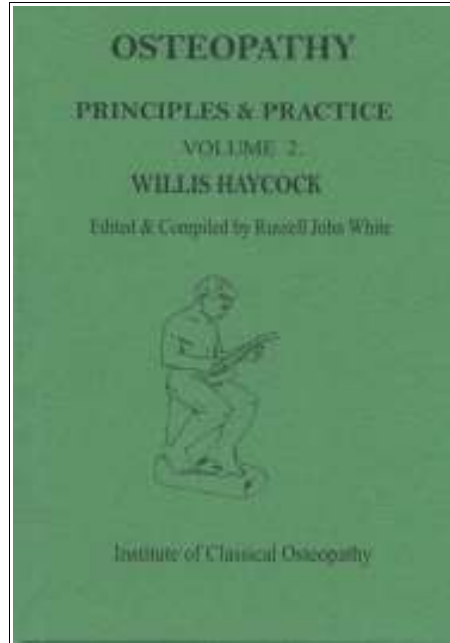
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ISBN 978-0-9530294-8-8

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Osteopathy  
Principles & Practice Volume 2  
Willis Haycock



Edited and Compiled by Russell John White

.....The experience of many years in clinical practice coupled with a profound interest in osteopathic research gave Willis Haycock an unique insight into the theory and practice of osteopathy, a gift which he used for the benefit of both his patients and his fellow professionals throughout a long and successful career.....

Contents

Dedication

Introduction

The John Martin Littlejohn Memorial Lecture, 1955

Osteopathic Research

Functional Technique

The Role Of The Osteopathic Lesion In The Disease Process

Osteopathy And The Problem Of Stress

The Place Of Osteopathy In Therapeutics: Acute Bronchitis

Stimulation And Inhibition

The Osteopathic Lesion And Body Unity In Relation To Diagnosis

The Value Of Clinical Experience To An Osteopath

Paperback 152 pages

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**Price £18**

## Year Book 1997



Edited and Compiled by Russell John White

.....This issue of the Year Book is dedicated to John Wernham.....Of his many talents perhaps it is as a teacher and clinician that his true genius lies. A master of the technique and practice of osteopathy. That which he taught in the classroom he demonstrated in person in the clinic. It is surely here that his greatest contribution to the field of osteopathy lies.

### Contents

Forward by RJ White

The Decline And Fall Of Osteopathic Medicine by J Leigh

Scientific Concepts Within Osteopathy by K Dew

The Vasomotor System by K Dew

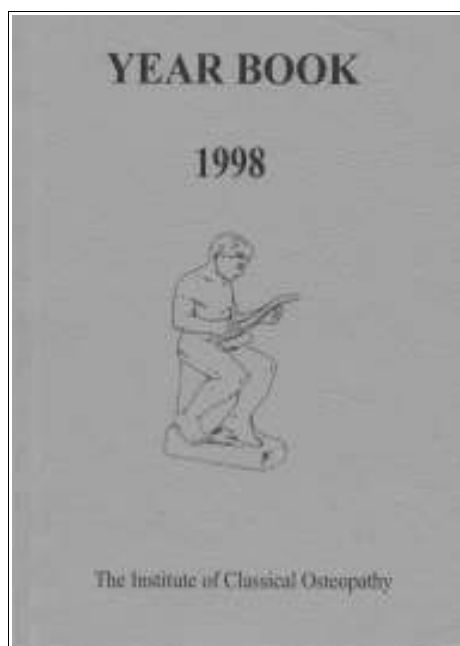
Osteopathic Treatment Of Coronary Thrombosis by Normund Cram

The Lymphatic System by JM Littlejohn and edited by Henry Lee

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# Year Book 1998



Edited and Compiled by Russell John White

This issue of the Year Book is dedicated to the memory of J. Martin Littlejohn.  
.....Littlejohn took the basic sciences and made his own interpretation. He observed natural law, and laid down the osteopathic principles. He then proceeded to elaborate a manipulative system that was entirely in accord with body function, and mechanical law....

## Contents

- Forward by RJ White  
An Introduction To Bio Therapy by Robert Boyd  
The Osteopathic Lesion And Body Unity, In Relation To Diagnosis, Prophylaxis And Therapeutics  
by Willis Haycock  
The Technique Of A T Still by TE Hall  
The Technique Of J Martin Littlejohn by TE Hall  
The Technique Of Rib Correction by JM Littlejohn  
The Osteopathic Treatment Of Diseases Of Respiration by JM Littlejohn  
The Osteopathic Treatment Of Acute Diseases by JM Littlejohn  
An Osteopathic Approach To Acute Bronchitis by Willis Haycock  
Gravity Technique In Osteopathy by HE Jackson

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**Price £16**

# Year Book 1999



Edited and Compiled by Russell John White

.....Despite the occasional public debate and, I think, the wishes of the 'silent majority' the profession as a whole seems to be moving towards the medical model.....As ever, the articles in this Yearbook try to provide a balance between the old and new, the theoretical and practical.....

## Contents

Forward by RJ White

Another Look At The Osteopathic Lesion Concept by Herbert Milne

Body Mechanics by Chris Campbell

A review Of The Literature Concerning The Production And Meaning Of Second Degree Lesions

by Chris Campbell

Osteopathy And The Elderly by Kevin Dew

Osteopathic Approach To Ear Conditions by John Wernham

The Anatomical, Physiological And Mechanical Basis Of The Classical Oscillatory Technique

by Chris Campbell and Kevin Dew

The Rolf Method Of Postural Release And Integration by Jocelyn Proby

Structural dynamics by Ida Rolf

Paperback 140 pages

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**Price £18**

# Year Book 2000



Edited and Compiled by Russell John White

...The basic principle of osteopathy has been described in many different ways but may simply be stated as the belief that the functioning and health of the body depend on its structural, mechanical and postural state. If we truly accept this idea, we are no longer concerned with the problem of whether a particular condition or patient should be treated osteopathically as every case can be treated in accordance with this principle.....

## Contents

Forward by RJ White
The Science Of Osteopathy by JM Littlejohn
Osteopathic diagnosis by Charles Hazzard
Osteopathic Treatment In The Constitutional Diseases by JM Littlejohn
The Progress And Future Of Osteopathy by JM Littlejohn
The Ribs by TE hall
Human Posture And The Osteopathic Lesion by JTS Dunman
The Meaning Of Integration by John Wernham
“What Osteopathy Means To Me “by John Wernham

Paperback 110 pages  
Dimensions 210 x 150  
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# Year Book 2001



Edited and Compiled by Christopher Batten

.....It is said that the final test of any therapy is at the bedside of the acutely ill patient. The treatment of acute disease in the infant or child adds an element of responsibility and skill over and above that required for the adult. Palpatory and diagnostic skills are often stretched to their limit..... However, all too often in the critical case one must rely, when at the bedside, almost entirely on detecting arrhythmicity and points of soft and hard tissue resistance.

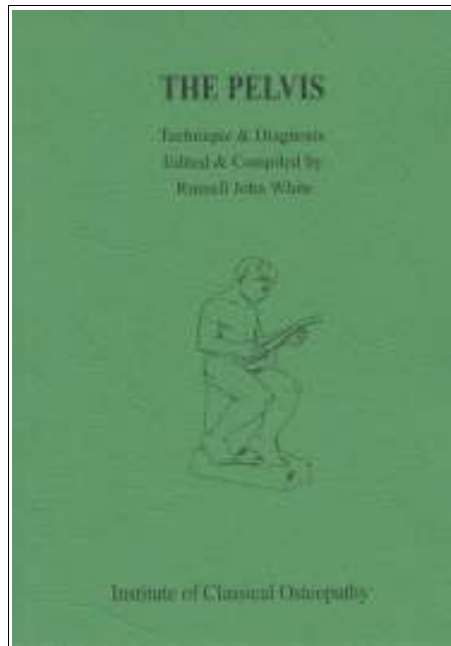
## Contents

- Osteopathy As Explained By The Encyclopaedia Americana
- Childhood Illness by John Wernham
- Bacteriology by John Wernham
- The Osteopathic Treatment Of Acute Disease In Infants And Children by M Waldman
- Cranial Technique by John Wernham
- The Patho-Physiology And Treatment Of Bronchitis by Christopher Batten
- Measles by John Wernham
- The Development Of The Spinal Curves by Henry Lee
- Extract From The Journal Of The American Osteopathic Association

Paperback 110 pages  
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ISBN 978-0-9530294-9-5

**Price £18**

# The Pelvis Technique and Diagnosis



Edited and Compiled by Russell John White

The first of a planned series covering all areas of the spine and the upper and lower extremities, this book aims to provide help and guidance for the busy osteopath as well as that essential stimulus for the "thoughtful and reflective practitioner" - food for thought!.....

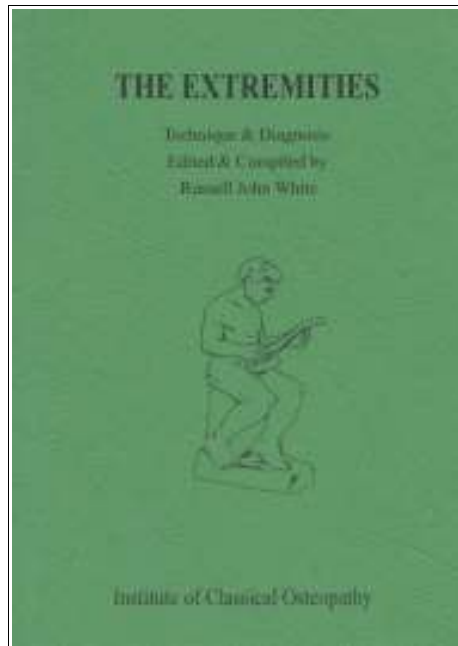
## Contents

Introduction by RJ White
The Pelvis by Douglas Mann
Sacro-Iliac Propositions by JCP Proby
An Investigation Into The Pelvic Mechanics by TP Ringland
Pelvic Technique by P Jackson
Mechanics Of Lesion Diagnosis In The Pelvis by TE Hall
Littlejohn Technique (Sacro-Iliac) by SGJ Wernham
The Integrity Of The Pelvic Girdle by JCP Proby
The Problem Of The Pelvis by SGJ Wernham
The Sacro-Iliac Articulation by SGJ Wernham
The Sacral Base Plane by P Jackson
Diagnosis And Treatment Of "Short Leg" by TE Hall
Examination And Treatment Of The Sacro-Iliac Joints

Paperback 160 pages  
Dimensions 210 x 150  
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**Price £20**

# The Extremities Technique and Diagnosis



Edited and Compiled by Russell John White

..... What this book does do is to provide an insight into the methods and thought processes of some of the finest osteopathic practitioners when confronted with appendicular problems.

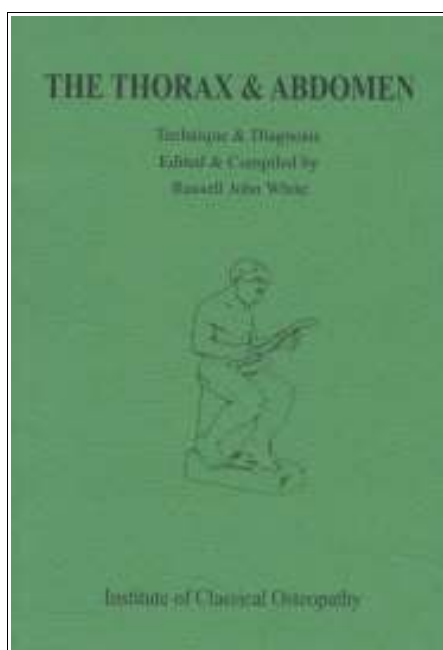
## Contents

Introduction by RJ White
The Lower Extremities by J Wernham
The Knee Joint by TE Hall
The Knee Joint by J Wernham
The Knee by TE Hall
Examination Of The Foot by JM Littlejohn
The Foot by TE Hall
Osteopathic Treatment Of The Foot by J Wernham
Differential Diagnosis And Osteopathic Treatment Of The Shoulder by TE Hall
Diagnosis And Treatment Of Clavicular Lesions by J Proby
The 'Frozen Shoulder' by TE Hall
The Elbow and Forearm by TP Ringland
The Elbow by TE Hall
The Elbow Joint by J Wernham

Paperback 116 pages  
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**Price £20**

# The Thorax & Abdomen Technique and Diagnosis



Edited and Compiled by Russell John White

..... the applied anatomy, physiology and mechanics are revisited in most of the articles and it is hoped that readers will appreciate the attempts of the various authors to illustrate the "why's" as well as the "how's" of treatment approaches...

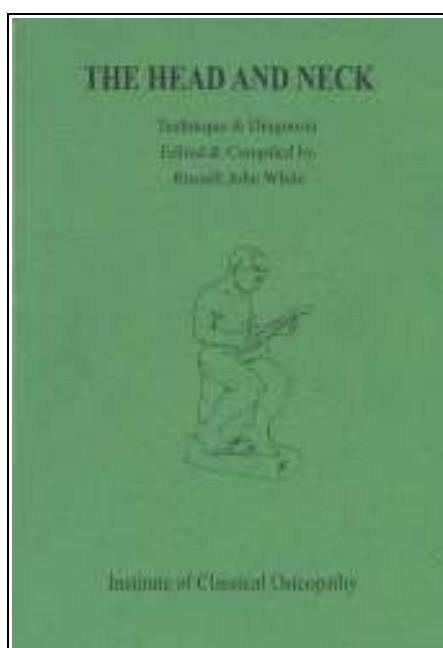
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The Osteopathic Approach To Acute Bronchitis by W Haycock
Osteopathic Treatment Of Coronary Thrombosis by Normund Cram
Mitral Stenosis by A Rumfitt
The Osteopathic Treatment Of Diseases Of Respiration by JM Littlejohn
The Bronchial Tubes And Lungs by CP McConnell
Osteopathic Lesions Of The Heart by CP McDonnell
The Function Of The Diaphragm In Respiration by JM Littlejohn
The Abdominal Cavity by JM Littlejohn
Direct Treatment Of The Abdomen by CP McDonnell
General Technic by CP McDonnell
Manipulative Treatment Of The Liver by CP McDonnell
Manipulative Treatment Of The Kidney by CP McDonnell
Lymphatics Of The Abdominal Region

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# The Head And Neck Technique and Diagnosis



## Edited and Compiled by Russell John White

Anyone who has made a careful study of the region cannot fail to be impressed by the complexity of the neurological and vascular relationships and their profound influence on the overall well being of the body.

### Contents

- Introduction by RJ White
- The Region Of The Neck by ME Clark
- Osteopathic Neck Technique by J Wernham
- The Cervical Centres by JM Littlejohn
- The Use And Abuse Of Cervical Manipulation and Analgesics In The Treatment Of Whiplash Injuries by M Waldman
- Occipito-Atlantal Technique by JM Littlejohn
- Occipito-Atlantal Articulation by TE Hall
- Treatment Of The Anterior Cervical Region by E Miller
- Diseases Of the Eye by JM Littlejohn
- Osteopathic Approach To ear Conditions by J Wernham
- Applied Physiology – The Eye by JM Littlejohn
- An Osteopathic Approach To The Problem Of Migraine by P Stanley
- The Cranium by JM Littlejohn
- The Fifth Cranial Nerve by ME Clark

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