

INTRODUCTION

This volume is the second in a planned series of 'Technique and Diagnosis' books to be published by the Institute of Classical Osteopathy. Similar in format to the first volume, which dealt with the pelvis, the articles in this book are taken from the archives of the Institute and cover various aspects of the diagnosis and treatment of the appendicular joints.

It is hoped that this book will be found useful by practitioners, lecturers and students alike, but it must be remembered when using it that it is what the title suggests, i.e. a series of articles describing the osteopathic approach to the diagnosis and treatment of appendicular lesions. It is not a textbook of orthopaedics, neither is it an exposition of osteopathic principles. Therefore little mention is made of the wider influences of trophic dysfunction, poor body mechanics or the many other possible predisposing or maintaining factors that form such a vital part of osteopathic thinking. Of course, the wise osteopath never looks at any part of the body in isolation and due regard should always be paid to any underlying or related problems when planning any course of treatment.

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.

T.E. Hall was acknowledged by his contemporaries as being the most accomplished osteopathic technician of his time and this genius is reflected by the fact that nearly half of the articles chosen for this book are taken from lectures given by him. Hall taught and demonstrated his technique at the British School of Osteopathy and at early meetings of the Institute of Applied Technique (now called the Institute of Classical Osteopathy) and the articles reproduced here are based on these lectures. An entertaining and knowledgeable speaker, many of his anecdotes and asides have been included in these articles to give a hint of his unique style of presentation.

J.M. Littlejohn was the father of osteopathy in the U.K. A man of complex character, great learning and enormous courage, he was content to work and teach while others indulged in the political infighting which has dogged the history of osteopathy in the U.K. His writings were complex, detailed and difficult but pay rich dividends to those prepared to study them. His article on the foot typifies his attention to detail and his synthesis of anatomy, physiology and mechanics which lie at the root of Classical Osteopathy.

Most of us in the osteopathic profession have come across the name of John Wernham at some time in our careers. A man of many talents perhaps it is as a teacher and clinician par excellence that he will be remembered. A master of the technique and practice of osteopathy, his papers included here demonstrate his unique insight into the workings of the body.

Jocelyn Proby was one of the giants of British Osteopathy. A brilliant practitioner, he was also an influential lecturer, writer and administrator. Most of his papers are concerned with the broader aspects of osteopathic medicine, but here, in his brief but classic paper on the acromio-clavicular joint he succinctly demonstrates the underlying principles of osteopathic diagnosis and technique in a very practical way.

Trevor Ringland was an early member of the Institute and made valuable contributions to both meetings and Yearbooks. His paper reproduced here, 'The Elbow and Forearm' is typical of his well-researched and thoughtful approach and gives a comprehensive review of the problems found in this area.

I hope that this volume is found to be as acceptable to the profession as its predecessor appears to have been

RJ White Asterley Hall Asterley

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