

**WHAT I LEARNED FROM THE OSTEOPATHIC MASTERS AND  
A FEW TECHNIQUES YOU CAN DO ON YOURSELVES**

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HELLO Thank you Dr Clearfield and I want to thank you especially for the image you selected to go with this topic I'm presenting tonight, so perfect

As Dr Tony Chila from Ohio University pointed out, we should "KNOW Western and THINK Eastern."

Let's start with "Freeze Frame", a technique that was created by the HeartMath people.

**BIO & OVERVIEW**

- I've had a special interest in Osteopathic Manipulative Medicine (OMM) since I first started at Philadelphia College of Osteopathic Medicine (DO PCOM 1986).
- I've had my own solo practice for over 20 years with OMM a keystone.
- I'm Board Certified in Family Practice, Osteopathic Manipulative Medicine, as well as Integrative & Holistic Medicine
- I've made a point to study with some of the great masters; most of whom are now gone.
- Robert Fulford, DO who was a student of Dr Sutherland, who himself studied with Dr Andrew Taylor Still, the founder of Osteopathic Medicine, and
- Some other Osteopathic pioneers such as Drs. Larry Jones, Viola Frymann & Jim Jealous
- By being able to observe them during their training courses I saw a side that does not often get translated into text or discussion which I want to share
- I've learned some techniques from them directly that I've applied to my patients **but also** to myself because DOs who did manipulation were miles away.
- In the last few weeks we've heard about Dr burn-out and physician suicide and it made think that you too could benefit from doing these OMM techniques on yourselves that are simple and straight forward like I treat myself.
- MY TALK this evening will be informal as I discuss
  1. Lawrence Jones DO - Strain /counterstrain
  2. Robert C. Fulford, DO - Breath of Life and linea alba diaphragmatic release
  3. James M. Jealous, DO – Biodynamic osteopathy in the cranial field

**1. DR LARRY JONES**

- Anterior tender points are treated by forward bending the body and moving the body to a position where pain is reduced to a dime out of a dollar's worth of pain and hold for 90 sec
- Similarly posterior tender points are treated by backward bending
- He stressed, keep it simple: bend, monitor, find position of reduced tenderness, hold 90 sec, return to neutral

**DEMONSTRATION strain/ counterstrain**

- Survey yourself for tender points. You will often find them at costo-sternal articulations of the upper ribs anteriorly on the left;
- These are often found in people who have heart disease or who have experienced chronic stress and anxiety (Covid!!)

- Conventional thinking assumes these tender points are costo-chondritis and therefore should be treated with drugs. But in my experience the answer is this Jones strain/counterstrain technique.
- Patients are amazed and relieved to find their “chest pain” gone with this treatment.
- If posterior tender points are found, try backward bending of thigh, thorax or other body part to likewise reduce pain, perhaps with use of pillow propping.

## DISCUSSION AND QUESTIONS of strain /counterstrain

### 2. DR ROBERT FULFORD

I took training courses from Dr Fulford when he was 90 and had been diagnosed with congestive heart failure. He suggested the onset of heart failure came at the 1 year anniversary of his wife’s death from Alzheimer’s disease. He observed in his practice that anniversaries in a patient’s life often had physical effects, as did changes in atmospheric pressure. Having been in practice for more than 60 years, I consider this equivalent to 2 lifetimes of a 30 year practice.

- Andrew Weil MD heard of Fulford’s work when he was semi-retirement in AZ. Weil’s book Spontaneous Healing includes a chapter devoted to Dr Fulford “Right in My Own Backyard.”
- Fulford was rejected by conventional medical school, and told by the Dean to “become a dentist.” He became a DO instead.
- Fulford the engineer found an industrial device made by the Freedom Electric Co that can even grind diamonds, fitted it with a rubberized head. This “percussor” helped him speed up and facilitate treatment.
- He took original training from William Garner Sutherland DO, the founder of cranial Osteopathy, and at College of Osteopathic Medicine and Surgery in Des Moines.
- You tune up the body with these methods of cranial treatment to optimize a patient’s the Breath of Life. “

“And the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life.” Genesis 2:7

- This breath of life that animates us is distinctive from our air breathing so Sunderland called this “the primary respiratory mechanism” as opposed to the secondary breath of life (air breathing).

“New article published in Science by Laura Lewis (2019) reveals the first-ever images of cerebrospinal fluid washing in and out of the brain during sleep. New research from Boston University suggests that tonight while you sleep, something amazing will happen within your brain. Your neurons will go quiet. A few second later, blood will flow out of your head. Then, a watery liquid called cerebrospinal fluid (CSF) will flow in, washing through your brain in rhythmic, pulsing waves.

The study, published on October 31, 2019 in Science, is the first to illustrate that the brain’s CSF pulses during sleep, and that these motions are closely tied with brain wave activity and blood flow.

“We’ve known for a while that there are these electrical waves of activity in the neurons,” says study coauthor Laura Lewis, a BU College of Engineering assistant professor of biomedical engineering and a Center for Systems Neuroscience faculty member. “But before now, we didn’t realize that there are actually waves in the CSF, too.”

This research may also be the first-ever study to take images of CSF during sleep. And Lewis hopes that it will one day lead to insights about a variety of neurological and psychological disorders that are frequently associated with disrupted sleep patterns, including autism and Alzheimer’s disease.”

Alec Hoyland, Center for Systems Neuroscience, Boston University

DEMONSTRATION can't really be demonstrated in this setting but we can do the linea alba diaphragmatic release, attributed to Wilhelm Reich, MD

DISCUSSION As you remember from anatomy the fascia is a contiguous sheet throughout the body and envelopes organs and muscles. Research is showing how important it is to the homeostasis of the entire human organism. By doing the linea alba technique on yourself and other you can simply "jump-start" the body's primary respiratory cranial system without years of study.

### 3. DR JAMES M JEALOUS

- Kirksville College of Osteopathic Medicine 1966, a fellow in anatomy, his father was a D.O.
- Jealous studied the German embryologist Erich Blechschmidt, MD. Jealous then found that the bio-energetic potential that occurs during early embryonic development was present for the person's lifetime as sort of a bio electric template for healing at the most basic level.
- He termed this the Bio-dynamic Model of Osteopathy and the Cranial Field.
- Through long study, the Breath of Life, can be assessed, palpated and treated all throughout the body. He developed a 7 phase curriculum to develop these skills.
- See website [www.JamesJealous.com](http://www.JamesJealous.com) for further info, lectures, physician directory.

#### DISCUSSION

DEMONSTRATION An operator, listening with their hands, can observe the system itself, on its own, recalibrate. During my last day of training of many weekends with Jim Jealous, Jim offered to be my patient. After listening with my hands, I got the image of an old TV receiver with a fine tuning knob for focusing. At the same time that I got this image, I felt his system recalibrate and Jim said, "You're done, that was your final exam." It took me years of training to feel and appreciate this.

#### SUMMARY- WRAP UP

- I've demonstrated the strain/counterstrain technique
- I've discussed the use of linea alba release to free the chest and the body's "air breathing system" and to jump-start the primary respiratory mechanism, the Breath of Life.
- These 2 techniques -that are simple to do on yourself and others - can have dramatic effects on your whole body for hours or days thereafter.
- Likelihood of hurting yourself or your patients by using these techniques is low. They are using the body's inherent healing mechanism rather than "blind force from without."

I've learned through the evolution of my practice, all of us can feel isolated.

These simple steps, these techniques have helped me in my own battle with heart disease and cancer and practice-related stress, which is why I'm able to be here today to talk with you and what motivated me to share this information. You just give the body's system a little nudge and let nature do the rest.

The Breath of Life, with practice, can be felt all over the body and travels as if a fluid wave through the entire body – bones, muscles, organs, etc. Some practitioners focus on the fluid wave, some on the bio-electric field, others on even more esoteric levels that experiences practitioners can palpate ever deeper layers of the onion.

#### Q&A

#### SELECTED REFERENCES AND RESOURCES

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Fultz E, Bonmassar G, Setsompop K, Stickgold RA, Rosen BR, Polimeni JR and Lewis, LD (2019) Coupled electrophysiological, hemodynamic, and cerebrospinal fluid oscillations in human sleep. *Science*. 2019 Nov 1; 366(6465):628-631.

One Sentence Summary: During sleep, slow oscillating neural activity precedes coupled waves of blood and cerebrospinal fluid flow in the brain.

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Weil, Andrew (1995) Spontaneous Healing Knopf; 1st edition, pp 320.

## **RESOURCES**

[www.JamesJealous.com](http://www.JamesJealous.com) - f or further info, lectures, physician directory.

Sutherland Cranial Teaching Foundation (SCTF) - SCTF.org

Osteopathic Cranial Academy – CranialAcademy.org

Offers courses in Osteopathic manipulation and Osteopathy in the cranial field (including 40 hour basic courses open to physicians and dentists.

American Academy of Osteopathy (AAO) AAO: On-Demand Webinars  
<https://www.academyofosteopathy.org/aao-cme-opportunities>

Osteopathy's Promise to Children (OPC) OPC: On-Demand Webinars  
<https://promise.ce21.com/Search?producttype=4&sortby=11>

HeartMath.org

RichardKossDO.com

Foredom Electric Co – source for percussor, Foredom.net

[www.youtube.com/c/OsteopathicClinicalSkills](http://www.youtube.com/c/OsteopathicClinicalSkills)

OMT: Myofascial Release – Superior Linea Alba, Direct, University of North Texas Science Center, Texas College of Osteopathic Medicine (UNTHSC – TCOM)  
<https://www.youtube.com/watch?v=gUiMJZoEfrA&t=2s>

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