

Press Release

The Perrin Techniquetm was developed following a discovery in 1989 during the clinical practice of Manchester osteopath Raymond Perrin. This osteopathic system of manual treatment alleviates many of the symptoms of chronic fatigue syndrome (CFS) known in the UK as CFS/ME. The effectiveness of this manual approach was tested using two separate clinical trials. The first examined the change in the symptoms following a year of treatment. The second repeated the first study and examined the possible mechanisms of the improvement. The studies were designed to develop a greater understanding of the disorder, for which there is much scientific uncertainty regarding the cause, diagnosis and treatment.

Phase 1 of the research trials was completed nine years ago and was reported throughout the worlds press. It included self-report questionnaires to examine overall symptom change. With post-exercise fatigue being a major symptom of CFS/ME, the treatment protocol was shown to improve muscle function which was analysed utilising isometric testing of the knee extensor muscles measuring the impulse torque.

Raymond has now completed the second stage of his research examining the processes that may lead to this severely debilitating disorder.

The second trial, which included the same self report questionnaires assessing symptom relief as in the initial trial, was divided into two parallel phases. One primarily took the form of brain analysis using magnetic resonance imaging (MRI) to confirm if brain abnormalities seen in previous research were found in sufferers of CFS/ME. No cerebral abnormality was detected in the patient group. Central lymph scans were also carried out showing a possible trend of enlargement in CFS/ME sufferers. In the other part, isometric tests were repeated with more accurate equipment than in phase 1. Muscle fatigue was measured using a KINCOM dynamometer and surface electromyography.

Overall this study has provided strong evidence that an important component of CFS/ME involves a disturbance of lymphatic drainage of the brain and muscles. The novel osteopathic treatment developed by Raymond Perrin has been statistically validated in both clinical trials, emphasising the need to focus future research on the biomechanical aspects of this disorder. Together with Neurobiologist Dr Vic Pentreath,

Bioengineer Prof. Jim Richards at the University of Salford in conjunction with Neuroradiologist Professor Alan Jackson and his team at the University of Manchester, Raymond has expanded our knowledge of CFS/ME, which has recently led to a doctorate awarded by the University of Salford

The Perrin Techniquetm, the method of diagnosing and treating Chronic Fatigue Syndrome (CFS/ME) was developed through the aforementioned research. It is best if used by or under the supervision of a Licensed Affiliate of the Perrin Clinic Limited.

Dr Perrin has groundbreaking photographic evidence of varicose lymphatic vessels taken during a research project at Salford University which shows for the first time the "backflow" of lymphatic drainage that he believes is the cause of toxin build-up.

And it is this accumulation of toxins in the central nervous system, which Dr Perrin believes is the cause of conditions such as chronic fatigue syndrome and ME.

Valves

Dr Perrin, who runs clinics in Prestwich, central Manchester and London, said: "Normally these vessels are the size of the thinnest pencil line and you can't usually see them without a magnifying glass, but the fact they are swollen like this is significant. There is a backflow against the valves.

"Very rarely can you see these, but with every person I have seen in the last 16 years with chronic fatigue syndrome you can feel them under the surface. It means this person has had ME for a number of years."

Until now experts have believed that valves in the lymphatic vessels only allowed the flow of fluids in one direction. But Dr Perrin says these varicose lymphatic vessels - which resemble varicose veins but are the same colour of the skin instead of a bluish colour - are the proof that the backflow exists, when vessels are damaged, allowing toxins to concentrate in the central nervous system.

He revealed the picture at a seminar at Salford University in August 2005.

The film The Perrin Technique is now on sale.

Proceeds from the sale of this film will help The **Fund for Osteopathic Research into Myalgic Encephalomyelitis (FORME)** support further research into CFS/ME.

To find out more about the FORME charity or to make a donation log on to:

www.forme-cfs.co.uk

To purchase a copy of this film or for further information regarding the Perrin Technique[™]

Log on to: www.theperrinclinic.com

[™] PERRIN TECHNIQUE and PERRIN CLINIC are trade marks of The Perrin Clinic Ltd.

ON SALE FROM ALL LEADING UK BOOK SHOPS and INTERNET BOOK SITES:
MAY 2007: The Perrin Technique, How to beat Chronic Fatigue Syndrome/ME.
Hammersmith Press, London.