



The Perrin Technique™

YOUR SELF-HELP GUIDE

*For patients currently receiving
treatment from a licensed
Perrin Technique Practitioner*



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<https://theperrintechnique.com>

What you need:

- Instructions / Online self-help guide
- Massage oil
- Long-handled massager
- Gel pack
- Hot water bottle

There are five main parts to the recommended self-help technique:

- A. Flexibility & mobility exercises
- B. Breathing exercise
- C. Self-massage
- D. Contrast bathing for the spine
- E. Active head rest

These routines, as well as additional useful elements such as 'Strengthening exercises for hypermobile spinal joints' and the 'Cross-Crawl', are fully described in our online self-help video guide and in the latest Perrin Technique™ books.

For best results please try to follow the recommended protocol and advice.

Pacing is essential

Only do half the physical or mental activity you feel capable of. To check this ask yourself could you do double without feeling worse?

Remember the golden rule:

PAIN = NO GAIN

A. Flexibility & mobility exercises

Repeat 3 times a day

These gentle rotation exercises are designed to gently increase back movement.

It is important to keep your head, neck and upper body facing the same direction as you do them.

1. Sitting upright on a firm surface, with hands placed round the sides of the neck and elbows down, gently rotate your upper body to the right and then left (from the waist up) about 45 degrees in total (just a little each way and not stopping in the middle). The movement must be slow, rhythmic and as relaxed as possible during the entire process (repeat 5 times).
2. Repeat the rotation above, but with your arms crossed, and hugging your shoulders with your hands (5 times).
3. Repeat again, but with your arms folded at the waist (5 times).
4. Stand up if you are able, and gently roll the shoulders slowly forward 5 times and then slowly backwards 5 times.

These stages will take about one minute, when done at the correct speed.

B. Breathing exercise

(For Long COVID patients or if you have experienced breathing difficulties) Repeat 10 times - 3 times a day

1. Sit down with hands placed round the sides of the neck with elbows held out. Take a deep breath in fully.
2. Then, start to breathe out slowly through the nose whilst bending your head, neck and upper back forwards and down, with the elbows gently closing in on each other. Hold the breath for 3 seconds in this bent sitting position.
3. Breathe in through the nose, slowly straightening your back whilst at the same time pushing elbows forwards, upward and out. Once you have breathed in fully with elbows out you should be back to the starting position (1).

C. Self-Massage

Once a night, preferably before bed

Sit down for self-massage steps 1-3

1. Nasal Release

Apply gentle pressure with the pads of both index fingers to the corner of your eyes. Push slightly upwards, or if more comfortable, pull slightly downwards just above the bridge of the nose, with your elbows resting on a table.

For the first ten days of self-treatment, hold for **seven** minutes. For the remainder reduce this to **one** minute.

2. Facial massage

Spread the fingers of one hand across your face, as if trying to span your forehead. Gently and slowly, stroke your fingertips down your face to the chin. Repeat this gentle facial stroking for twenty seconds (one downwards stroke should take roughly four seconds).

3. Head massage

a. Sides of head: Repeat the strokes used in the facial massage above, using the hands to gently stroke downwards on both sides of the head at once, from the top of the head to the chin with the same slow rhythm, again for twenty seconds.

b. Back of head: Repeat again with gentle downward stroking using both hands at the back of the head working down to the neck for a further twenty seconds.

Where the following instructions require massage oil, this can be sweet almond, or other similar oil (depending on any allergies or sensitivities you have).

4. Neck massage

Lie down and using the oil, massage gently from the top of the neck just under the ear, down towards the collarbone using the fingertips of one hand and the back of your other hand for twenty seconds on each side.

5. Chest massage

Both sides of the chest should be split in to three sections - outer, centre and inner. Massage each section with oil for twenty seconds, so the right and left side of the chest are massaged for one minute each.

a. Outer: Massage up the side of the chest in a slow rhythmic stroking movement. Use the flat fingertips of one hand, with the other hand in a loose fist position. Start just underneath the chest area and work upwards towards the collarbone (not towards arm pits).

b. Centre: Repeat massage above but this time working over the nipple region, again working upwards to the collarbone.

c. Inner: Repeat massage using the fingertips with both hands flat on the inner section of the chest, working upwards to the collarbone.

6. Back massage

This is best done lying on your front with a family member or friend doing the massage for you. If this isn't possible, you can do this yourself using a long-handled massager.

The back massage routine comprises of **one minute** of gentle upward massage on **each side of the spine**, avoiding the spine itself. Start at the level of the waist and finish at the top of the shoulder, level with the collarbone, just below the base of the neck.

When using the long-handled massager, sit upright, and move this upwards on each side of the spine, again from the level of the waist to the level of the collarbone.

7. Back of neck massage

The self-massage routine ends with a slow downwards rhythmic massage of the back of the neck, from just below the hairline down towards the level of the collarbone. This should be carried out for twenty seconds on each side.

For queries relating to the techniques in this self-help guide, contact : msolviamcdonald@gmail.com



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D. Contrast Bathing

3 times a day

Alternating cold and warm on the spine (between the shoulder blades) helps reduce any inflammation that may be present.

This can also be particularly helpful if you experience any discomfort in the upper back or shoulders.

The **gel pack** should be kept in the freezer, so it is as cold as you can tolerate, please ensure the gel pack is lightly wrapped.

Fill the **hot water bottle** with warm (not boiling) water, to avoid scalding, and wrap lightly so you can still feel warmth.

The sequence is as follows:

COLD - 3 minutes

WARM - 1 minute

COLD - 1 minute

TOTAL 10 MINUTES

WARM - 1 minute

COLD - 1 minute

WARM - 3 minutes

For Fibromyalgia: Apply COLD only to spine between shoulder blades for 5 minutes and WARM on surrounding muscles for 5 minutes.

E. Active Head Rest

10 minutes - last thing before bed

Whilst lying on a fairly firm surface (a yoga mat, duvet or folded towel on the floor) with your knees bent, rest your head on a book or small stack of books that is at the height that feels most comfortable to you.