The Perrin Technique 3-Day Workshop Information

The Perrin Technique for the Osteopathic Diagnosis and treatment of Neurolymphatic disease:

Chronic Fatigue Syndrome/ME, Fibromyalgia and now Long-COVID

Course Suitability

The course is suitable for osteopaths, physiotherapists, massage therapists, cranial sacral therapists and chiropractors with knowledge and experience in basic cranial techniques.

Course Leader and Trainer: ***Dr. Raymond Perrin DO (UK), PhD. Registered Osteopath***

- Neuroscientist and Specialist in Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS)
- Vice Patron – University College of Osteopathy, London
- International Faculty member of The Osteopathie Schule Deutschland (OSD)
- Winner of the Institute of Osteopathy's Research and Practice Award 2015
- Adjunct Professor of Osteopathic Manipulative Medicine, College of Osteopathic Medicine, New York Institute of Technology, USA

Course Description

The Perrin Technique™ for the diagnosis and treatment of ME/CFS was developed in 1989. In this workshop, you will learn how to examine patients for physical signs that aid in the diagnosis of ME/CFS and Fibromyalgia. These signs have been confirmed in an NHS study at Wrightington Hospital, UK published in the BMJ Open (Hives L et al. Nov, 2017), which will be discussed in detail. Also in this three-day workshop, you will learn how to manually treat the complex conditions such as ME/CFS, FMS and Long-COVID and help comorbidities, such as POTS and EDS.

The workshop will cover the neuroscience underlying the physical symptoms and diagnostic signs to screen for ME/CFS and Fibromyalgia and Long-COVID. It includes practical sessions with clinical handouts that practitioners can use as an aid to the diagnostic and prognostic process.

The planned workshop will be in 4 parts:

1. Applied anatomy and pathophysiology of the neurolymphatic and autonomic nervous system

The applied anatomy and physiology of the neurolymphatic system plus the pathogenesis of CFS/ME from a biomechanical perspective. The neuroscience underlying the physical symptoms and diagnostic signs will be explained.

2. The evidence to support the physical diagnostic criteria

A summary of the findings of the clinical trials into the treatment at the Universities of Salford and Manchester together with results of an independent controlled clinical study in Hammersmith Hospital London plus a detailed review of the findings from the diagnostic study published recently in the BMJ Open (Hives L et al. Nov 2017)

3. Practical session

Dr. Perrin will explain the consultation process and practically demonstrate the physical signs that clinicians can use in practice as an aid to the diagnostic process. Also, the Perrin Technique treatment protocol will be taught with practical sessions on the second day of the workshop.

Note the examination and treatment requires exposure of the whole breast tissue that must be done with underwear removed. Participants on the course are under no obligation to model for the examination or treatment. If you would like to volunteer as a model full information and a consent form will be provided prior to the course.

4. ***The range of management options available for CFS/ME and Fibromyalgia and Long-COVID will be discussed, and an integrative multidisciplinary approach will be shown***

The workshops fulfil the seven core CME competencies required by the American Osteopath Association:

1. **Osteopathic Philosophy/Osteopathic Manipulative Medicine**

The Perrin Technique is entirely based on the application and the teaching of knowledge of accepted standards in osteopathic manipulative treatment appropriate to the treatment of ME/CFS, CFIDS and fibromyalgia. Future planned refresher workshops and newsletters will ensure that the practitioners remain updated with the latest developments in the field of ME/CFS.

2. **Medical Knowledge**

The workshop will amply demonstrate and apply knowledge of accepted standards of clinical medicine with the other current treatments being examined and discussed.

3. **Patient Care**

There will be hands on practical teaching of the physical examination and treatment of ME/CFS and fibromyalgia. By the end of the workshop, delegates will have been taught and be required to demonstrate the ability to effectively treat patients and provide medical care that incorporates the osteopathic philosophy, patient empathy, awareness of behavioral issues, the incorporation of preventive medicine and health promotion.

4. **Interpersonal and Communication Skills**

This is so important in the field of ME/CFS and fibromyalgia. The workshop will show how by explanation of what we now know to be occurring with this disease interpersonal and communication skills enable a physician to establish and maintain a much better professional relationships with patients, families, and other members of health care teams.

5. **Professionalism**

The workshop will go through the case studies of a variety of the hundreds of ME/CFS and fibromyalgia patients treated by Dr. Perrin and will emphasize the practitioner be cognizant of physical and mental health in order to effectively care for patients.

6. **Practice-Based Learning and Improvement**

The entire 3-day workshop will be dedicated to demonstrating the ability to critically evaluate methods of clinical practice, integrating evidence based medicine into patient care. The previous and present research trials undertaken by Dr. Perrin with leading scientists from some of the top universities in the UK will be discussed.

7. **Systems-Based Practice**

This is covered in day 2-3 of the workshop which will be practical-based showing the delegates how to provide effective and qualitative patient care practice cost effective medicine to improve the quality of life in patients with ME/CFS and Fibromyalgia.

The workshop will focus on the advances in science showing recent visible evidence of the existence of a neuro-lymphatic (glymphatic) pathway (Iliff J et al 2012) and a dural lymphatic system that was only confirmed in humans in 2017 (Absinta, Ha et al. 2017).

Plus, it will explain how neurolymphatic disturbance due to sympathetic dysfunction causes excess lactic acid leading to myalgia and fatigue supporting earlier research findings. (He J. et al. 2013.)

The workshop will utilise a selection of visual aids, including a PowerPoint presentation, anatomical models and handouts. The workshop is designed to practically help the clinician improve their palpatory diagnostic and treatment skills in the field of ME/CFS and FMS. Dr. Perrin will demonstrate and teach the participants how to use validated and established ME/CFS and FMS consultation forms plus how to examine the physical signs that will help the clinician to screen for and give a reasonably accurate severity score and prognosis of these diseases. Thus, improving the clinical care of ME/CFS and FMS patients.

The final day will focus on the treatment that at present is helping thousands of sufferers with ME/CFS, FMS and now Long-COVID around the world who receive The Perrin Technique from over 300 licensed practitioners, worldwide.

Summary of Osteopathic Practice Standards (Updated) and other CPD elements covered

A) Communication and patient partnership- A4, A5, A6

B) Knowledge, skills and performance - B2, B2

C) Safety and quality in practice – C1

Additional Information on Licensing

On completion of this three-day course, delegates are qualified to register as a licenced 'Perrin Technique' practitioner. This gives the practitioner the right to list themselves as a registered 'Perrin Technique' practitioner on their personal or work website. The qualified practitioner will also be listed as a licensed practitioner on the Perrin Technique™ website map, advertising the practitioners clinic, and to receive updated monthly online information about research from Dr. Perrin and the annual catch-up events at different locations.

The cost for registration as a licenced 'Perrin Technique' practitioner is £250 per calendar year.

Please note that Perrin Technique™ and Dr. Perrin's name are trademarked by Dr. Perrin and cannot be used in any of the marketing material without first registering as a licenced Perrin Technique™ practitioner.

Workshop Objectives and Learning Outcomes

At the end of the three days, participants should be able to:

- Use the techniques demonstrated to screen patients for ME/CFS and Fibromyalgia syndrome (FMS) in their clinical practice.
- Know how to examine the patient for the early physical symptoms and diagnostic signs for possible CFS/ME and Fibromyalgia.
- Be able to identify aetiological and maintaining factors that may have predisposed the patient and increased their susceptibility to develop ME/CFS and FMS.

- Accurately assess the level of severity of the patient's illness and calculate the prognosis for their condition.
- Understand the principles and gain the skills to practice the manual treatment of the neuro-lymphatic system that is the Perrin technique.
- Understand the pathogenesis of CFS/ME and Fibromyalgia from a biomechanical perspective.
- Have an understanding of the wider management of the CFS/ME and fibromyalgia patient to support patient wellbeing.

Equipment

We may request you bring a towel with you to this CPD and unfragranced massage oil (not almond oil please in case someone is allergic to nuts).

Recommended Pre-Course Reading

The Perrin Technique: 2nd edition, Raymond N Perrin, Hammersmith Press, 2021.

Hives L, Bradley A, Richards J, Sutton C, Selfe J, Basu B, Maguire K, Sumner G, Gaber T, Mukherjee A, Perrin RN. Can physical assessment techniques aid diagnosis in people with chronic fatigue syndrome/myalgic encephalomyelitis? A diagnostic accuracy study. BMJ Open 2017;0:e017521. doi:10.1136/ bmjopen-2017-017521

Perrin R, Riste L, Hann M et al. Into the looking glass: Post-viral syndrome post COVID-19. Med Hypothesis 2020 Nov; 144: 110055. Published online 2020 Jun 27. doi: 10.1016/ j.mehy.2020.110055.

Proposed Daily Timetable (To be confirmed at Registration)

DAY 1

09:00 - 09:30	Registration/Coffee
09:30 - 11:00	Part 1 Applied Anatomy and patho-physiology of ME/CFS and Fibromyalgia
11:00 - 11:15	Tea/Coffee break
11:15 - 12:30	Part 2: the pathogenesis of CFS/ME and Fibromyalgia
12:30 - 13:30	Lunch
13:30 - 15:30	Part 3: The Neuro-lymphatic system and beyond
15:30 - 15:45	Tea/Coffee break
15:45 - 17:30	Practical training: Demonstration with patient: Diagnosis : The consultation process Examination and diagnosis
17:30	Close

DAY 2

09:30 - 10:45	Part 4: The examination and physical diagnosis of ME/CFS
10:45 - 11:00	Tea/Coffee break
11:00 - 12:30	Practical training: Examination and diagnosis
12:30 - 13:30	Lunch
13:30 - 15:45	ME/CFS , Fibromyalgia and Long COVID Self Help & Treatment practical training.
15:45 - 16:00	Tea/Coffee break
16.00 - 17:30	ME/CFS , Fibromyalgia and Long COVID Treatment practical training.
17:30	Close

DAY 3

09:30 - 10:45	Practical training: Treatment continued
10:45 - 11:00	Tea/Coffee break
11:00 - 12:30	Advance treatment techniques practical training
12:30 - 13:30	Lunch
13:30 - 15:45	Part 5. The examination and physical diagnosis of CFS/ME: The Full Picture
15:45 - 16:00	Tea/Coffee break
16.00 - 17:30	Part 6: THE PERRIN TECHNIQUE PLUS: COMPLETING THE JIGSAW PUZZLE
17:30	Close

More About the Course Leader ~ Dr. Raymond Perrin

Dr. Raymond Perrin qualified in 1984 from the then British School of Osteopathy. Whilst at the BSO he spent 3 years working in the children's clinic with Jonathan Curtis-Lake where he gained much experience in cranio-sacral techniques.

He has extensive experience treating top sportsmen and women, including Olympic athletes. In 1991, he was appointed official osteopath to the World Student Games, Sheffield, UK.

Dr. Perrin's research since 1989 into Chronic Fatigue Syndrome /ME has expanded our knowledge of the disease and how to diagnose treat it. In July 2005 he was awarded a doctorate by the university of Salford, UK for his thesis on the involvement of cerebrospinal fluid and lymphatic drainage in CFS/ME.

From 1996 onwards, he has been the Research Director of F.O.R.M.E. Trust.

Since 2007, he has held the academic post of Honorary Senior lecturer at the Allied Health Professions Research Unit, University of Central Lancashire, in Preston, UK.

He has lectured internationally and in the UK to CFS/ME patient groups and the medical profession on the Osteopathic treatment of CFS/ME. He has published papers in major medical journals and his book, The Perrin Technique: How to beat CFS/ME was published by Hammersmith Press, London in 2007.

In 2009, Dr. Perrin presented his work to the World's leading experts in ME/CFS at the conference of the International Association of ME/CFS in Reno, Nevada.

He was appointed member of the scientific committee for the 2nd, 3rd and 4th World Congress on Neurobiology and Psychopharmacology affiliated with the European Association of Psychiatrists Annual Conference, Greece.

In March 2014, Dr. Perrin presented some further research findings at the conference of the International Association of ME/CFS in San Francisco.

In a study between 2015-16, he was chief investigator of joint UCLan & NHS research project: Examining the accuracy of a physical diagnostic technique for Chronic Fatigue Syndrome/Myalgic Encephalomyelitis, REC reference number 12/NW/0877.

In 2015, he joined the international faculty of the German School of Osteopathy, Hamburg; and teaches osteopathic theory and practice to students in colleges all over Europe. As well as the in the UK, Dr, Perrin has lectured worldwide, and trained fellow osteopaths, physiotherapists, chiropractors and physicians in the manual techniques he has developed in The USA, South Africa, Gibraltar, Germany, Czech Republic, The Netherlands, Ireland, Sweden, Norway, Finland, Sicily, Russia, Australia, Brazil and South Africa.

For his service to osteopathy, Dr. Perrin was appointed a vice-patron of The British School of Osteopathy, now The University College of Osteopathy, and he was the proud winner of the inaugural Research and Practice Award from the Institute of Osteopathy in 2015.

In 2016, he was a lecturer at the IAME/CFS conference in Fort Lauderdale, Florida, where he was invited to present his findings to the Neuro-immune research centre at the College of Osteopathic Medicine at NOVA South Eastern University. He will be detailing this ground-breaking research project in his workshop which was published in the online version of The British Medical Journal (Hives L et al 2017)

He is at present an Honorary Clinical Research Fellow in The Faculty of Biology, Medicine & Health at The University of Manchester.

Ray lives with his family in North Manchester where he runs a multi-disciplinary clinic. He also sees patients in two other clinics near London.

Previous Delegates' Testimonials:

"Raymond is clearly very knowledgeable and passionate about the topic of chronic fatigue and how his technique researched and practiced over the years has evidenced improvements in patients."

"Attending Raymond's workshops has helped me immeasurably with my patients, firstly in giving me the confidence to correctly diagnose whether they do or don't have ME/CFS. Secondly if they don't have ME/CFS it has also helped me to understand much better how to improve the function of the lymphatics and autonomics, which in general osteopathic practice often need attention and treatment to help many patients who are working under par or struggling with stress.

I would highly recommend studying this work, which is well researched, has been consistently shown to be clinically effective and has provided reassurance, hope and brought much needed expertise to many, many patients in their often long and challenging journey back to health."

“Excellent course material. Very stimulating lectures and brilliantly taught. The content was interesting and mostly Dr. Perrin had energy and passion in teaching and everything was well structured and organized. I very much enjoyed the course and would definitely recommend it to future practitioners.”

"I attended my first Perrin Technique training seminar over 10 years ago. It opened the way for me to use osteopathy to treat a whole set of patients that otherwise wouldn't have been possible. The training seminar led by Dr. Ray Perrin an expert in ME/CFS and the world leader in its treatment through osteopathy, taught me how osteopathy treats one's patient at a deep physiological level. Continued attendance of his excellent annual conferences has only gone on to widen the scope of my osteopathy and practice."