

DR NORMAN SWAN
THE HEALTH REPORT
RADIO NATIONAL

c/- Post Office
Condobolin NSW 2877

RE: Lower Back Pain

Dear Norman,

I have been thinking of writing to you ever since you interviewed Prof. Ian Harris, where he stated that he would never advise anyone to be operated on for lower back pain as no doubt you will be sceptical if I say that I "fix" lower back pain all the time and have been doing so for many year.

Your programme re: paracetamol being useless spurred me to finally pick up my pen, and fear of being considered a crank has also been a big factor. Because I am considered unqualified, I have been afraid that my statements would be immediately regarded out of hand. You see, I have treated thousands of people with lower back pain successfully over the years, "fixing" them in about 2 or 3 minutes simply by pushing the buttocks muscles back where they belong releasing the sciatic nerve. It is the MUSCLES that become misaligned that pull the vertebrae literally causing it pain. Unless this is done, NO treatment, NO operation etc. can ever be successful. I am the last person to treat these poor "victims" and they all ask me, "why haven't all the others done this?" my answer is "because they don't know about it." It is a great shame.

There seems to have been a strong resistance to the possibility that muscles could play any part in back pain. The orthodox view is simply that muscles only tear but do not misalign. It is essential to put the muscles back where they belong. It's just like putting a rope back into a pulley! But whenever I have attempted to relay this to qualified medical people, they say they are sceptical or "I doubt that."

But people all understand and know that muscles do get out and both they and I can feel them go in when I treat them. Which would you prefer – a qualified practitioner with an ineffective method or an unqualified one whose techniques actually work? I can tell you that no method works if it doesn't realign the muscle.

There was a "backyard" tradition of unqualified people all over the country areas who used to treat people. Most of them handed the technique down through the family and guarded it jealously. It was strongest in Victoria, every VFL club used to have a muscle man, from what I have been able to learn it stems from greyhounds, Yes greyhounds! Which were bought out on the ships from North England in the 19th Century. I have spent many years tracing the oral history and have a list of 50 "Muscle Men" that older patients have told me about. Of course most are dead now and this knowledge has gone with them. I have been fortunate to have picked up tips from several of them. You may ask "why haven't you taught anyone?" well I have attempted to teach a bunch of people, but most have given up because it is not easy to learn.

I use the analogy of shearing sheep. Lots of young people see shearers earning good money and having a go, but most give up after a couple of days. It takes a lot of sheep shorn to make a good shearer. Also if someone does manage to get the nod from the gun shearer, he doesn't call the shed to order at smoko and present the "graduate" with a diploma. What he will get is a tap on the shoulder and be told "you're in". then it will take many years and a lot of sheep before his a gun and can start teaching young fellas how to shear.

Finally there is only one way to shear a sheep and that is the right way and there is only one way to "fix" a lower back or neck, shoulder etc. and that's also the right way by realizing the muscles in sequence and relaxing the nerves. just imagine if what I am saying is true, if people went to their GP with back pain, weren't given paracetamol etc. but were referred to the local physio who could realign the muscles etc. , give the patient a couple of exercises and everyone would be happy. (by the way giving people exercises with muscles out just isn't going to work!) Physio's need to know this and realign the muscles first before doing exercises as you would be well aware the cost to the tax payer of unsuccessful efforts by the qualified legions of medicos, chiros, masseurs, kineseologists, osteos, physios etc. etc. all of whom have the gold card "(provider number) to make a very good living out of other peoples misery is enormous. It wouldn't be so bad if they fixed the poor patient in the end, but they never do! People are also being bled dry by treatments that don't work, as you can see I get very annoyed and frustrated by it. I simply do my job and receive a fee of \$60 not claimable! with one treatment.

Apart from informing you of the existence of the technique; I call it muscle manipulation, I am well aware that it would need to be researched and proven before physios can use it. And of course I am not able to do it in an acceptable manner so that it can be published and picked over. So I would suggest that you could mention it to Prof Harris or someone else in the field.

If nothing else, I have now written to you and feel I have done my best. I did make an effort ten years ago by contacting the physiology department at Charles Sturt university in Albury but was rejected. The letter from Professor Sally Rustin is enclosed. Attached are a number of documents to support my case. If you wish to contact me my phone number is 0413 635 690.

Yours Sincerely

Peter Horsfield