

Brown brings Primal Reflex Release Technique to RMA

■ Therapist Gary Brown one of 200 worldwide fully trained in PRRT

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DRAFFENVILLE – One of the newest and most quickly effective means of physical therapy has come to Marshall County. Gary Brown of Brown Physical Therapy located at Draffenville's Regional Medical Center, is one of approximately 200 people worldwide fully trained in Primal Reflex Release Technique, or PRRT, a method which focuses on the body's primal startle and withdrawal reflexes to alleviate pain.

According to Brown, both startle and withdrawal reflexes are hard-wired into the Central Nervous System, and when exposed to outside factors such as trauma, stress, disease or

pain, they often heighten and tighten joints and muscles. The result is an influence in the body's movement that essentially tenses up the Autonomic Nervous System, which becomes part of joint and muscle restriction, and trades pain for that typical movement.

The goal of PRRT is to down-regulate the Autonomic Nervous System through a series of rhythmic taps in strategic points throughout the body to treat not just the injured muscle or tissue, but a portion of the nervous system, as well.

Generally, a patient is evaluated and given a non-invasive exam, in which Brown touches a series of points on the body hypersensitive to pain, and gauges the patient's reaction as one of startle or withdrawal. From there, dependent on the individual reaction and area of pain, Brown

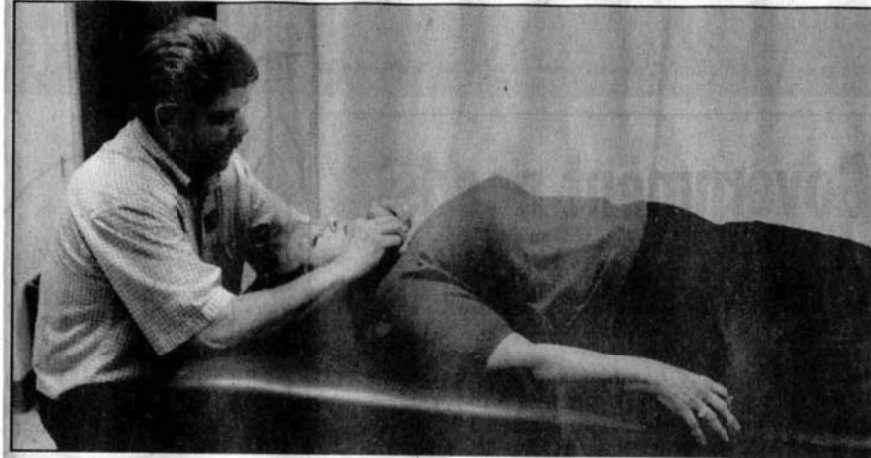
begins the process making seemingly minute adjustments to the body and stimulating those areas through a series of rapid movements, such as tapping or flicking motions.

One exercise, for example, has the patient place a pencil under his/her ring finger and straighten their feet out and down. Brown instructs the patient not to allow him to move the feet as he taps the bottoms of them quickly and repeatedly for several seconds.

"The first thing I thought was 'you've got to be kidding me,'" said former patient Lynne Brunett, "but you'd be surprised. It really does help."

Brunett had previously been referred to Brown through a physician in Salem after severe lower back and leg pain had put her in the emergency room.

"They gave me muscle relaxers and Lortab,



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Regional Medical Associates physical therapist Gary Brown (left) practices Primal Reflex Release Technique on Dorothy Newcomb.

and I slept for 48 hours straight," Brunett said. "Once I woke up, I went back to my doctor and told her 'I don't ever want to hurt like that again.' That's when she told me about Gary."

Brown practiced PRRT on Brunett during the entirety of her treatment, and according to Brunett, the procedure turned her from skeptic to believer in no time.

"One of the best things about PRRT, is that it works so quickly," said Brown. "I've found that most of the patients I treat for this are at least 50 percent improved after the first visit and it generally

only takes three to four visits for the adjustment to fully take effect."

According to Brown, PRRT is not always appropriate for all types of pain, but in approximately 75 percent of his patients the technique applies, and those who won't benefit can be identified quickly.

"If it isn't going to work, I'll know by about the third or fourth visit," Brown stated. "So, it makes actual diagnosis faster at times. I can move on to more conventional means of treatment when the situation calls for it without having wasted time."

The treatment does not

require a doctor's referral unless a patient intends on using insurance, as the technique is reportedly highly effective in cases of pain related to Fibromyalgia, headache, TMJ, back, neck and joint pain and Post Traumatic Stress Disorder.

Brown has been in practice for the last 36 years and is a graduate of the Washington University School of Medicine Physical Therapy. He has been utilizing the benefits of PRRT in his patients for the last two years, and he is the only therapist practicing the method within five surrounding states.