

# SACRO OCCIPITAL TECHNIC BULLETIN

PUBLISHED JANUARY 1985 BY

DR. M.B. DE JARNETTE, BOX 338

NEBRASKA CITY, NEBRASKA 68410

1925 ~ Sixtieth Year for Sacro Occipital Technic ~ 1985

## THE EVOLUTION OF S O T

Major B. DeJarnette founded S O T by research into the fundamental mechanics and neurology of the human body, and this was done as a necessity for personal use by the Major.

When Major DeJarnette was a high school student, his interest was in pure mechanics, and at that particular time, any type of doctoring was farthest from his future plans. The Major wanted to have an education in the total mechanical field, and basically in the field of experimental mechanics. To fulfill this ambition, the Major turned to the automobile industry, which proved to be a fertile field as the self-starter had just been invented, and many other projects were in the future.

The Major earned a four year scholarship as an apprentice in the field of experimental engineering and was all set to prove to the world that a Nebraska boy could become a genius in this gigantic industry. Fate had other plans, and due to a serious accident, all of those ambitions were down the drain within a split second of time. The next years were spent in trying to regain the health the Major knew so few years back.

The next year was spent in osteopathy and chiropractic trying to find a solution for a shattered boy and hopes for the future. Both osteopathy and chiropractic contributed to the Major's recovery, and both opened up a tremendous field of needed research, so out of tragedy came hope and fulfillment. Thus, the end result was the putting together of Sacro Occipital Technic, Chiropractic Manipulative Reflex Technique, and Craniopathy. Tragedy turned to opportunity, and this is a lesson thousands need to learn today. There is always hope if there is a strong desire to make a life meaningful. The end result is most gratifying. The major has fulfilled a tremendous desire to be of service to millions, and in this desire, has taught others that the way to the end of the road is always there if one will search it out.

## THE BEGINNING OF SACRO OCCIPITAL TECHNIC

Major DeJarnette graduated from the Nebraska Chiropractic College in 1924, and after two weeks in practice, saw the need for a more precise chiropractic approach to patients. For those first two weeks, about four patients per day came in for adjustments, and most asked one question ... "Does the adjustment hurt?" In those days, we would have the patient take a deep breath and upon exhalation, gave a strong thrust to the vertebra under attack. This often resulted in the patient gasping for breath much like you gasped as a child when you had the wind knocked out of you. Combining osteopathy and chiropractic did make a difference, but the time element was too long, and you could only see two patients per hour. On top of that, the treatment was as tiring to the doctor as it often was exhausting to the patient.

In those early years of chiropractic, we had very little equipment. In order to attract patients to the office, we set aside one day per week for a free clinic. This meant that when a patient came in, we would palpate the spine and try and sell to the patient the old myth that they had five or seven or more vertebrae out of place. This free clinic day did give us exposure, and we would see from 10 to 20 patients as prospective customers. One thing was noticeable; 90% of those patients, when they stood up, always stood with the skull tipped to the right or left. This then began our research on the top end of the body, and that led to the full development of Sacro Occipital Technic some 60 years later.

## THE BEGINNING OF SACRO OCCIPITAL TECHNIC

If the Major were 25 years old and someone handed him the 1984 Sacro Occipital Technic manual and asked him to develop all the procedures that had to be developed in building SOT, the Major would not undertake such a project for less than \$50,000,000. The work involved would be enormous, and in this age of high speed doings, probably impossible. The building of SOT in the early years was a challenge,

because the Major knew there was something in chiropractic that was far better than anything developed so far.

Building always demands a starting point, and in SOT, it was the occiput. The Major noted that the majority of his patients and other persons always stood with their heads tilted like an owl, as if trying to see and hear more clearly. The skull is made to be balanced and to be carried level. There should be no differences in the height of the ears. The eyes should be level. The nose should be centered to the forehead, etc. Basically, there should be no difference in leg length, but there was in the majority of patients. When the arms are brought above the head and stretched, they should be the same length, but they weren't. The navel should be in the center of the abdomen. The center of the pubes should align to the center of the lower jaw, but seldom does. Man is basically born equal bilaterally, but as age progresses, man becomes a victim of his environment, occupation, and trauma. Like an old tree, the older man gets, the more crooked his frame becomes, and not only bent, but uneven.

In the search to improve chiropractic, plans have to be made to see a great number of persons and to compare what they have with what they complain about. This requires many hours of study and note taking. Means of measurement have to be invented, and basically, that is where SOT began some 60 years ago with the invention of a "distortion analyzer." For a number of years, making improvements on the distortion analyzer was a full time occupation. Findings had to be published, and that, again, took time. Readers and students had to be located, and that was and is an endless task. Chiropractors willing to try something different had to be instructed. Records had to be kept. Procedures had to be described, and books printed and sold.

All of this took money, and the Major worked just about day and night. God bless his family who were very supportive and sacrificing. Scientists had to be located who would interpret the research findings, and that proved a very tough program. But it was done, and done well. In fact, it was so effectively done that their findings are valid in today's world. Writing about the development of Sacro Occipital Technic even casually is so enormous that one wonders how any human had the endurance to go through this process. The old saying, "Where there is a will, there is a way" must be true, because merely thinking about those long hours writing, planning, record keeping, and trial and error would fatigue an iron man. Looking back on those years, it was challenging, and no thought was ever given to failure. When a project went sour, we forgot it and proceeded to another. If we had dwelt on our failures, we would have remained on the occipital bone, and all of the rest of SOT would still be undiscovered.

To recognize this long search for knowledge, all one has to do today is read every book the Major has written, and there are over 150 of them. They are the documentary and the record of this step-by-step development of Sacro Occipital Technic. They are interesting and informative, but today you can sum it all up in three available books by the Major:

- **Sacro Occipital Technique 1984**
- **Cranial Technique 1979 – 1980**
- **Chiropractic Manipulative Reflex Techniques (CMRT – 1966)**

The research has been completed, and the Major is satisfied that this contribution to the science of chiropractic will live forever. It not only fulfills a need, but the application is clearly explained, and following the routine is thrilling because – at last – chiropractic has a valid claim to science.

