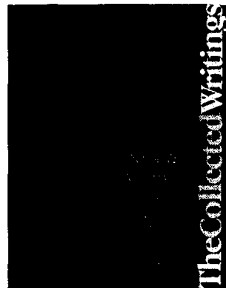




Book Review

Reviewed by
Jeffrey Kintish,
DC, CCRD



The Collected Writings of Nimmo and Vannerson, Pioneers of Chiropractic Trigger Point Therapy –

by Michael Schneider, DC,
Jeffrey Cohen, DC, Sheila Laws, DC

Early in the 1950s, Drs. Nimmo and James Vannerson rocked our profession with new soft-tissue theories and trigger-point techniques for the elimination of pain and the correction of the subluxation. HIO was still in its hey day, and the bone-out-of-place theory was universally accepted. A soft-tissue explanation for the subluxation was not well received and resistance was strong.

This textbook is a historical collection of reprinted articles from the *Digest of Chiropractic Economics*, and monographs from the *Receptor*, authored by Drs. Nimmo and Vannerson in the late 1960s and into the 1970s.

The table of contents is divided into five major chapters.

Chapter 1 discusses the background and neurology along with the physiology of trigger points and the correcting mechanism. Drs. Nimmo and Vannerson were very well read. They had a thorough understanding of neurology, and were able to apply it to their soft tissue method.

Chapter 2 reviews a few techniques and treatment procedures for specific conditions. A technique for the correction of muscular imbalance in the temporomandibular joint is included. In addition, a technique for releasing trigger points in the neck and head are described. Both of the above procedures are complete with pictures organized in a pattern to eliminate trigger points in each muscle of the region presented. These doctors were ahead of their time, teaching chiropractors treatment methods that were cutting-edge.

Chapter 3 discusses the relationship between acupuncture, trigger points and biofeedback. This chapter was written by Dr. Vannerson, and presents concepts and theories involving neurology and pain mechanisms.

Chapter 4 is a collection of Dr. Nimmo's work, and includes his autobiography. This chapter is quite interesting, as you get a real feel for the difficulty and criticism Dr. Nimmo experienced as he introduced his new soft-tissue approach. This chapter also reveals how the Nimmo technique was developed, and discusses a few cases.

Chapter 5 presents a list of recommended reading material for the doctor interested in this work. Throughout the text, explanations are included to help the reader connect the early theories and teachings of Dr. Nimmo and Vannerson, with present-day concepts and understanding. From a historical perspective, I found this book to be an eye opener. While our understanding of trigger points has changed, I believe these doctors were not far from the mark. Without question, these pioneers helped our profession reach the level of acceptance it enjoys today.

Dr. Kintish's Rating:

10+ out of 10

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