

Book Review: *FPR and Beyond - Facilitated Positional Release: A Quick and Accurate Manual Medicine Method*, by Stanley Schiowitz, DO, FAAO and Ellen Ellis, DO

Dennis A. Burke, DO

I was delighted when I accidentally came across this book online. I knew it had been discussed as a work in progress for several years, but I didn't realize it had finally been published. Of course, I didn't hesitate to order it. I applaud Dr. Schiowitz's daughter, Dr. Ellen P. Ellis, for completing this valuable contribution to osteopathic manipulative medicine after her father died in 2011.

Having been taught by Dr. Schiowitz as a student and OMM fellow at New York Institute of College of Osteopathic Medicine (NYITCOM), and having also studied with him while he was in his retirement, I am inspired by how Dr. Schiowitz continually refined his techniques for greater efficacy, and ease of use by the practicing physician. Dr. Schiowitz's facilitated positional release (FPR) developed out of the need for a busy family practitioner to have an efficient method of osteopathic diagnosis and treatment, and one in which the operator wasn't exhausted after a day of treating patients.

This book takes the reader through Dr. Schiowitz's philosophy, which includes exercises for self-care, as well as his unique diagnostic and treatment approaches for the whole body. Home exercises for patients are also included. The tissue box on top of the head for training patients in proper chin-tuck technique is something I use in practice on a regular basis.

Dr. Schiowitz's explanation of neutral is important to understand how he was able to be very precise in his technique. With the articular facets disengaged, the vertebral segment is free to shift, with only a very small amount of motion necessary to exaggerate the somatic dysfunction. In this book, he discusses his use of various facilitating forces, including jiggling, low amplitude thrusts through the ease of motion to restore normal motion mechanics (especially useful for stubborn somatic dysfunctions), and isometric muscle contractions. These types of facilitating forces don't all appear in other published works that describe FPR.

Clinical gems include: treatment of chronic restriction at T1 with the operator making use of a rolling stool to maintain distraction and side bending localization; treatment of chronic flattening of the thoracic spine; S-shaped scoliosis treatment; and treatment of a locked sacrum. Additionally, the described treatment for lumbar

From the publisher:

An easy-to-follow introduction and step-by-step guide to the techniques of Facilitated Positional Release (FPR), this book is intended for practitioners of manual medicine. FPR, a term coined by the technique's originator, Dr. Stanley Schiowitz, refers to the innovative and fast approach to manipulative techniques he developed and perfected over his 65 years of working with patients and students. During his long career, Dr. Schiowitz served as Dean of the New York Institute of Technology College of Osteopathic Medicine (NYITCOM, formerly NYCOM), founder of the Osteopathic Manipulative Medicine (OMM) Department at NYITCOM, and as an editor and contributor to the book "An Osteopathic Approach to Diagnosis and Treatment," which many Osteopathic schools now use as their main textbook. Using an accessible and photo-illustrated format, "FPR and Beyond" offers Dr. Schiowitz's core teachings and insights into manual medicine.

extended somatic dysfunctions has an added compressive component to improve effectiveness.

There is also a succinct description of how to treat a herniated cervical disc, with a typical Dr. Schiowitz response, "with trepidation." While in residency, I met a woman who said she had a herniated disc in her neck years ago and saw Dr. Schiowitz for it one time. I asked her why she only saw him for one visit, and she replied that her symptoms resolved after the one treatment, and noted how she felt the disc, "go back in."

I recommend all students of osteopathy study Dr. Schiowitz's approach. It is a significant contribution to developing effective and precise technique, as well as a window into exploring the direction of ease and therapeutic potency in novel ways.