

**SORSI Board of Directors April 2016**  
**SOT® Subsystems Proposal**

**Proposal:** it was proposed and accepted that the SORSI Board of Directors officially adopt three additional subsystems in the teaching of the Sacro Occipital Technic of healing to include the following:

- Pain Control
- Suboccipital Fibers
- Articular Adjusting

**Not only are these three concepts as taught in SOT® unique in chiropractic, they provide interventions that are not found anywhere else in the entire profession.**

**Pain Control as a Subsystem in the Sacro Occipital Technic (SOT®)**  
**Method of Chiropractic and Chiropractic Craniopathy**

**Joseph F Unger Jr DC, FICS**

In the SOT® Methods of healing paradigm, there are often described to be seven major components or subsystems as follows:

- Category I**
- Category II**
- Category III**
- Occipital Fibers**
- Trapezius Fibers**
- Extremities**
- Cranial**

At this point and historical review of the genesis of this concept is pertinent. Starting in the early 1980s, SORSI undertook the task of organizing and clarifying the body of information that we call SOT®. Heavy consultation with educational industry experts and the hard work of the committee members, resulted in the publication of the 1985 **SOT® Participants Guide**. This landmark volume was followed in 1988 by the **Cranial**

**Participants Guide.** These two publications remain indispensable tools in the study and application of the *Sacro Occipital Technic Methods of Chiropractic and Chiropractic Craniopathy*. No other volumes in the industry provide the same information.

The group of authors that produced these books were the first to organize De Jarnette's materials into the currently accepted five systems. Some presenters break down the category subsystem into its three components totaling the seven subsystems described above. The intent of these authors was to provide an accurate and thorough outline of the main body of the SOT® treatment procedures and did not intend to include Dr. De Jarnette's earlier works such as the suboccipital fibers, pain control and some of the brilliant work such as that by Nelson DeCamp with his Anterior Sacral Segmental Dysfunction and Superior/Inferior Iliac or Michael Cindrich with the Superior Rib Cage. There are literally scores of examples of such techniques that are unique to the body of work that we understand to be the Sacro Occipital Technic methods of chiropractic and chiropractic craniopathy.

In reviewing many of the older texts of Major Bertrand De Jarnette DC and newer contributions by his SORSI successors, it seems that there is a strong case to be made for reflex pain to be added to the list of official subsystems in SOT®. According to De Jarnette pain patterns can be a neurological disturbance that cannot be addressed by the traditional chiropractic concept of mobilizing or re-centering articulations. Pains of this nature may be described as a "neurological subluxations" and are not responsive to any other treatments except direct intervention in the habituated pain syndrome.

Clinical experience has demonstrated to many of our researchers that De Jarnette's pain control techniques have resolved issues for many patients when all other treatments failed. While these observations are not "scientifically" verified, they are frequently-observed phenomena and are consistent with the current scientific understanding of chronic pain. Details of the current research are not within the scope of this particular writing.

Because of the clinical experiences as well as the writings of Dr. De Jarnette there should be an eighth subsystem in Sacro Occipital Technic of Chiropractic. That subsystem should be **Reflex Pain and Pain Control**. The techniques involved that I have identified so far are the following:

- 1) Pain control techniques following dermatome patterns.

- 2) Suboccipital fiber analysis and correction.
- 3) Pain control utilizing neuromuscular trigger points.
- 4) Neuromuscular balancing as described in the 1968 text **Pain Control**.
- 5) Cranial pain control techniques including CSF directing, coronal and sagittal sutures and De Jarnette's **1-2-3-4 Area Spreads**.

De Jarnette explains that the typical chiropractic adjustments will not address the pains requiring the above techniques. Therefore, they are stand-alone procedures requiring specific application in order to achieve the desired results for the patient. As such they are deserving of consideration for a specific subsystem in SOT®.

### **Suboccipital Fibers**

Another complete subsystem is that of the suboccipital fibers. Just as the trapezius and the occipital fibers are rightfully viewed as separate systems, the suboccipital fibers deserve this distinction. This ninth subsystem requires considerable study to master and will be taught in additional courses. Dr. Ned Heese is the most recent prolific writer of documents pertaining to the subject.

### **Accessory and Articular Adjusting in SOT**

A third class of treatment procedures (tenth subsystem) used in SOT® is articular and accessory adjusting. De Jarnette and many others, most notably Drs. Nelson DeCamp, John Farmer, Gordon Townsend, Skip Skibsted, Noel Taylor and others have developed diagnostics and treatment protocols that are unique and different from all other chiropractic techniques. These precision techniques deserve a clearer understanding and perspective of their status and position within the world of Sacro Occipital Technic. These procedures are useful regardless of category considerations and all other procedures. They are unique and different and include interventions such as the following:

- Cervical Stairstep
- SOTO
- Anterior Cervical
- Superior/Inferior Innominate
- Anterior Sacral Segmental Dysfunction
- Pubic Symphysis

## **In Conclusion**

Therefore, the more integrative and encompassing perspective of the body of knowledge referred to as the Sacro Occipital Technic of healing would include the following 10 different and distinct subsets of diagnostic and therapeutic procedures.

- Category I**
- Category II**
- Category III**
- Occipital Fibers**
- Trapezius Fibers**
- Extremities**
- Cranial**
- Articular/Accessory Treatments**
- Suboccipital Fibers**
- Pain Control**

**The SORSI Board of Directors adopted this perspective of Sacro Occipital Technic at the official proceedings in Atlanta Georgia, April 2016.**

This new perspective gives a clearer understanding of the in depth understanding of health and healing as provided to us by Major Bertrand De Jarnette DC in his Sacro Occipital Technic (SOT®) Methods of Chiropractic and Chiropractic Craniopathy.

Joseph F Unger Jr DC on behalf of your SORSI Board of Directors.