

SECTION 4: COMPLEX SYNDROMES

A **complex syndrome** is *here* defined as one that encompasses various treatable causes, which have combined to produce a particular set of symptoms. The syndromes described and included here have proven to be treatable, with a fairly predictable outcome in terms of symptom relief and elimination of the entire syndrome.

The following **complex syndromes** may be amenable to physical therapy treatment using the modalities and techniques described and discussed in **Section One: Inflammation & Modes of Treatment**. The syndromes discussed here have the inflammation process in common, and inflammation is the single most important element in the full development of each of these syndromes.

A syndrome is, in reality, simply a collection of symptoms that are generally taken together and labeled as a particular disease process or physical disorder. It is quite clear that though this labeling may be handy for the general classification of physical disorders, it is not particularly exact when defining the underlying causes of a particular disorder, especially for the practitioner who is assigned the task of alleviating it. Indeed, the practitioner is left with the task of redefining, through careful and meticulous evaluation, the physical syndrome in terms of those disorders that can actually be treated (treatable causes). Only after such redefinition may treatment of the physical syndrome or general diagnosis be attempted.

The description of each of the syndromes below will include a discussion of any muscular, neurological, psychological, or physiological symptoms or components deemed by the author to be appropriate.

Also included here are **special syndromes** that have been generally defined (and sometimes uniquely discovered) through DSR survey, and are thought to be hitherto unidentified or inadequately described in the commonly available medical or paramedical literature. A few have been otherwise included here as **special syndromes** because of the uniqueness of the treatment forms clinically developed for their amelioration. Each will be designated as a **special syndrome** for the convenience of the reader.

In general, the treatment of the following syndromes follows the basic pattern of (1) evaluation (zone finding), (2) softening what adhesions (collagen fibers) are present, (3) manipulating the soft tissues to break the adhesions that are present, and (4) treating the soft tissues that have been manipulated to prevent the redevelopment of the inflammation process. Each of the following syndromes has a "recipe" of treatment that has proven to be effective for "fixing" the problem. However, new treatment protocols have been developed that may also be effective.