



March 22, 1994

Pennsylvania School of Muscle Therapy, LTD.  
L. Victoria Ross--Director  
651 S. Gulph Road  
King of Prussia, PA 19406

Dear Vickie:

As you know, I have followed the evolution of the Pfrimmer Deep Muscle Therapy closely for many years because I am always interested in finding better ways to help the many families who come to me for service. Indeed, over the past 30 years, many ideas and techniques have come and gone from many different disciplines. However, Pfrimmer Deep Muscle Therapy has withstood the test of time and I am very pleased to tell you about some of my experiences.

As a specialist of some international acclaim, I do see many children and adults who suffer from specific muscle problems. Although my specialty is focused on people who suffer brain injury, some of my patients do not have muscle disorders. For example, I see autistic children, and learning disabled people who do not demonstrate motor problems. However, many of my patients suffer from spasticity which can be managed with a variety of techniques. Certainly sensory techniques, specially those that affect deep muscle tissue and techniques that increase circulation can be helpful. What I do is provide families with techniques and strategies that they can use themselves in the home. This has certainly met with considerable success. Yet, it is equally important that other appropriate methods be pursued particularly when the local community of the family support options that are appropriate and helpful to the condition under my care.

Since I can not put the skills of PDMT into the hands of parents like I can other techniques, I have had restricted exposure to it even when I know that certain people could benefit from the therapy. My families come here from all over the globe as well as all over North America and I can therefore utilize this method only when a trained therapist is available geographically. This is why, from time to time, I have bothered you for an up dated listing of your graduates. When it has been available, I have been very pleased with the results. In some cases, the lessening of spasticity has been remarkable even in difficult adult cases where the degree of tightness was considered severe.

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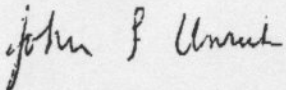
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Where I have been able to use this method consistently is with parents who learn how to perform PDMT on small isolated muscles. I use it commonly for children who, because of Brain Injury, have their thumbs tightly fitted into their palms. By having parents deeply massage the thumb flexors and adduction muscles against the direction of the bone, this difficult posture of the hand changes significantly. With the hands open, the thumbs are then able to oppose the fingers and children are then able to develop important hand function which would have been impossible otherwise.

My wish would be that more therapist be trained and that more information be known about this exciting work that has helped so many people.

Let me know as more of your students become trained as well as where they are located. Your work at promoting this system is exemplarily and I congratulate you on your success and continued effort.

Sincerely,



John F. Unruh, Ph.D.  
Director

JFU:pju