

Treating the Pediatric Patient (Part 1): Logan Basic Technique

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The developer of this technique was Hugh B. Logan, DC, who first presented his new technique, called Universal Health – Basic Technique, in 1931. Within a few years, it was simply called Logan Basic Technique; "basic" because it deals with the sacrum or base of the spine.

Dr. Logan liked the structural approach to chiropractic and reasoned that since the spine rested on the sacrum, if the sacrum was subluxated or unleveled, it could further interfere with the stabilization of spinal subluxation(s). He believed sacral subluxation could be the precursor to developing other spinal subluxations.

Logan Basic looks at analyzing the spine and its biomechanics both in normalcy as well as in the pathobiomechanics of pelvic and spinal distortions due to sacral subluxations. The technique views that a sacral subluxation would cause not only spinal misalignments in the spine, but also abnormal muscle function affecting the spine. The neurological component of these effects would have profound ramifications in the functions of the body.

Let's learn more about Logan Basic and its applications to infants / children (and expectant mothers) in this interview with Dr. Patrick Montgomery, a second-generation chiropractor and instructor at Logan Chiropractic College.



Can you share with DCs who may have never seen or read about Logan Basic Technique (LBT) the benefits that infants and children may derive from this low-force technique? LBT is a gentle approach to conservative chiropractic care. A common [subluxation](#) that occurs in childbirth is sacral subluxation. Sometimes this occurs on both sides. A simple check for this subluxation is to

squeeze the top of the buttocks together. If there is no subluxation, a line is formed that follows straight up the spine for about 1-2 inches. If there is a subluxation on one side, the top of the line deviates to that side.

In newborns, an apex contact for 15 to 45 seconds will clear this and upon recheck, the line will travel straight up the spine. If there is subluxation on both sides, three lines will form upon the squeeze check. One line goes straight up the spine, but not far. The other two lines will deviate to the sides, one on each side. An adjustment with an apex contact, first on one side for 15 to 45 seconds, followed by another on the other side, will clear this and upon recheck only one line will appear. This time the line will travel farther, straight up the spine.

If and when an infant or child becomes ill, the apex contact should be given for a longer time, up to 2 minutes. This has a profound effect on the immune system. It is theorized that the apex contact allows the body to slow down, so the parasympathetic system can take over. It is within the parasympathetic system that the immune system lies. Fevers lessen, bowels open if the infant / child is constipated, heart rate slows and BP returns to normal.

LBT can be used on these kids many times a day. In my office, sick children are adjusted a minimum of three times a day. Some LBT practitioners will adjust children once an hour with LBT to reduce and eliminate subluxations as they recur during illness. Children will recover much quicker. Colds, flu, measles, mumps, chickenpox and whooping cough all respond to LBT adjustments.

In your experience, how can LBT improve quality-of-life outcomes with the pediatric population? As mentioned, colic responds quickly. With repeated LBT adjustments, [incidents of colic](#), as well as their severity, are reduced. In infants / children, another contact used for colic and other spasms of the digestive tract is called abdominal contacts. These are used while applying the apex contact. The doctor will feel the spasms just melt away. Many children (and adults with gastrointestinal problems) may have to use the restroom in the doctor's office even before they leave the office after the adjustment. Reflux responds in the same manner.

In the past few years, the Logan Chiropractic Clinic performed a study on pregnant women and labor outcomes. What were your observations / findings? We recently completed a 2 ½ year study on Logan Basic Technique and the Ease of Labor and Delivery. Forty-seven women completed the study. Some of the results included shortening of the total labor time, especially for first-time moms. Our results showed a 5.1-hour total labor time. We also noted a much lower episiotomy rate and a rock-bottom C-section rate.

During pregnancy, the piriformis contact given bilaterally helps to get rid of the lateral hip pain that so many pregnant women complain of, especially while trying to sleep on their sides. We had an over 90 percent rate of patients being very satisfied with their care and their outcomes. We also noted only two of the women in the study had early labors, both at 38 ½ weeks. Many women did not deliver until their 41st to 42nd week.

The fastest labor time in our study was one woman with her second child delivered in 15 minutes, with no tearing. Her child was 11 lbs, 15 oz. Another woman delivered her second child in 1 ½ hours and her child was 11 lbs, 4 oz, again with no tearing. One of the reasons of the small tearing rate and small episiotomy rate is the use of the perineal contact, which is used from the fifth month until delivery. This allows the perineal floor muscles to remain at their normal resting tension, rather than a slow buildup of tension, which may interfere with the ease of labor and delivery.

At the Logan Chiropractic Clinic, approximately what percentage of your student clinicians use

LBT on infants / children and pregnant patients? Due to the success of chiropractic with pregnancy, and especially with Logan Basic Technique, we see many pregnant women in our clinics. Over 80 percent of our pregnant women receive LBT, some with a combination of both LBT and diversified. Most of the women who receive LBT do so starting at 20 weeks and continue until delivery. We work closely with midwives and OB/GYNs to ensure good prenatal care. Missouri recently passed a new midwifery law, which has been a boon for expectant mothers of this state.

You recently completed a chapter in the second edition of the Pediatric Chiropractic textbook. What are you hoping to teach the doctor and student regarding LBT? I hope to expose chiropractic students at other colleges, as well as practitioners, to the benefits of including Logan Basic Technique as an option for their infants, children and pregnant women. It is safe and effective chiropractic care.

Dr. Montgomery teaches a 50-hour certification course in Logan Basic Technique and Logan Basic Methods through the postgraduate department of Logan College. He also recently completed an adjusting manual and is working on a complete textbook with accompanying DVD. For more information, e-mail Dr. Montgomery at patrick.montgomery@logan.edu.

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