



Osteopathy and The Perrin Technique

Treatments to aid a wide variety of conditions

Rakhee Mediratta is a fully qualified and highly skilled osteopath, experienced craniosacral therapist and practitioner of The Perrin Technique committed to helping her patients restore their health and wellbeing. The combination of her specialist training and number of years of experience is what makes her highly skilled in her field. She works extensively in many practices alongside other practitioners and highly skilled medical professionals.

Rakhee graduated from the British College of Osteopathic Medicine in London, one of the leading teaching establishments, with a degree in osteopathic medicine in 2007. She's registered with the General Osteopathic Council and is a member of the Institute of Osteopathy. Rakhee also has a diploma in Naturopathic Medicine as well as more than 10 years' experience practicing The Perrin Technique while working closely alongside Dr Raymond Perrin, the creator of the technique.

The Perrin Technique is a specialist osteopathic technique that's been continuously developed over the past 32 years by Manchester-based Dr Raymond Perrin as a treatment approach for what Dr Perrin describes as neuro-lymphatic disorders, such as fibromyalgia. The Perrin Technique is based on Dr Perrin's theory set out in his PhD thesis that different stress factors, whether physical (through

postural problems or injury), infectious (bacterial, viral), environmental (exposure to toxins or allergens), emotional (work or family) — or more usually a combination of these — can lead to an overload on the sympathetic nervous system. This in turn affects the lymphatic drainage of the central nervous system, resulting in a build-up of toxins in the brain and spinal cord.

The Perrin Technique uses an approach designed to manually stimulate motion of the fluid around the brain and spinal cord to encourage better drainage into the lymphatic system. It involves gentle manipulation of the soft tissues and massaging the head, neck, back and chest areas. Dr Perrin suggests that this promotes healthier functioning of the sympathetic nervous system and the lymphatic system, draining the congested toxins and alleviating the many symptoms that can destroy patients' lives. Rakhee offers a personalised treatment plan based on the patient's case history, symptoms, their quality of life and how they respond to treatment.

Rakhee also uses osteopathy, a non-invasive manual hands-on treatment to assess and treat a variety of ailments and injuries of the musculoskeletal system such as; general aches and pains, joint pains including arthritis, shoulder pain and frozen shoulder, knee and hip pain,



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minor sporting injuries, sciatica, rheumatic pain, digestion issues and muscle spasms. Various techniques are used to detect and correct these complaints such as joint mobilisations, manipulation, gentle traction, muscle stretching and myofascial release. The aim is to restore balance in the body to prevent any future injury or complaints. This integrative, whole body, holistic approach is what makes Rakhee Mediratta Osteopathy unique.

READ MORE

The new second edition of *The Perrin Technique: How to diagnose and treat chronic fatigue syndrome/ME and fibromyalgia via the lymphatic drainage of the brain* is out now at all major book retail outlets (published by Hammersmith Press, London 2021).

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LONDON NEUROLOGY AND PAIN CLINIC



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