

Comprehensive Re-Orient Express Table Description

Composite of descriptions & unique distinctions of design/performance

DESCRIPTION:

The Table resembles a massage table. The cushioned surface measures six feet (6 ft) long by thirty inches (30in) wide. The (pedestal) base contains within it a mechanism to which causes the entire Table surface to experience a gentle pulsation or drop impact. This pulse can be varied in frequency and amplitude. A small twelve (12) volt D/C motor drives the pulse mechanically on the very base of the table (D/C creates less electromagnetic frequency disturbance than A/C motors used in most appliances/devices).

The client or patient lies on the Table. When the table is turned on the client experiences a percussive sensation. Many clients report that it is like lying down on a sleeper car on an old time train (sound, rhythm, and pulsation).

WHAT IT DOES:

1. Assists in-
 - a) unwinding soft tissue strain & injury patterns
 - b) balancing body fluids and alignment
 - c) Invites a condition favoring altered state physiology comparable to meditation physiology studies

2. It puts the therapeutic process of relaxing & unwinding soft tissue strain/injury patterns, balancing alignment, & balanced fluid motion on “fast forward” allowing a skilled practitioner to see 2-4 times as many patients with less effort and much greater results.

It helps people who have been in pain or who have restricted areas in their bodies to return to increasingly better function.

In assisting balancing body connective tissue function & fluid motion it also assists with very rapid recovery from items such as: jet lag, old/recent injuries, & restricted areas of function, surgical and trauma recoveries often restoring body balance (equilibrium) and range of motion.

3. Currently this kind of balance is approached with various forms of bodywork including but not limited to: osteopathic/chiropractic manipulation, massage and various forms of manual medicine (physical therapy, rehabilitation, sports medicine, etc.). Current devices help the “feel good factor”, relax tissue and may massage or relax the patient/client. But very few are effective in facilitating lasting changes. If these devices do provide lasting changes, they tend to act locally rather than globally with the entire body (impactor, chi machine, percussion hammer, for example).

4. Most existing devices are asynchronous and create non-coherent or scattering waves in the body. The Table pulse is single sourced and therefore induces a coherent sine wave state promoting self-adjusting physiologic resynchronization. This “ automatic shifting” is an inherent self regulating function of the body, palpable to those trained in Cranial Osteopathy. This is similar to the automatic physiologic rebalancing observed in altered state physiology providing specific measurable and favorable shifts in physiologic function. Similar results can be achieved by adept practitioners, but usually require 2-4 times as much time to achieve. After 12 minutes on the Table, this device has been shown to eliminate an average of 80-90% of the body tissue’s strain patterns as well as guarding and compensations, allowing a trained practitioner to quickly locate the primary underlying causes. And, after being on the Table, the tissue responds much more quickly and profoundly to a practitioner’s work.

COMMON RESULTS:

The most common results from being on the table for ten (10) to twelve (12) minutes reported by over one thousand (1,000) participants in a six (6) year period include:

- 1) Relief from body aches and pains
- 2) Greater sense of well being and relaxation – participants report being more centered, realigned, and energized
- 3) Breathing fuller, deeper, and easier
- 4) Less mental activity and “mind noise” while being on the Table and for some time following the experience
- 5) Often a meditative or alpha state was achieved resulting in a more grounded sense of awareness mentally, physically, and emotionally.
- 6) Improved ease and range of motion in the body and easier to maintain better posture and balance.
- 7) Noticeably, the faces of the participants usually demonstrate relaxed expressions, better color (circulation), and after a brief few minutes of adjusting to walking without uneven pulls in the Fascial “body glove” from strain patterns, an improved balance and gait were often achieved (This was very evident when working with many of our elderly participants).
- 8) Common side effects included sleeping better, and for international air travelers, an overnight restoration from the symptoms of jet lag.
- 9) During the past five (5) years, physicians trained in various forms of manual medicine (osteopathic physicians, chiropractors, etc.) have been asked to evaluate old and new patients before and after ten (10) to twelve (12) minutes on the table. By actually listing their diagnostic structural imbalances before and after, there was a measurable unprecedented reduction of 80% - 90 those imbalances and misalignments in each participant.

Most tables and devices utilized before treatment in a chiropractic or osteopathic office to relax the body before treatment clear an average of 5% to 8% of misaligned structural relationships. The significance of this is two fold:

- a) The physician can now begin treatment with 80% to 90% of their work already cleared, focusing on the remaining underlying core strain patterns/issues.b)
- b) Also, ten (10) to twelve (12) minutes on the table improves motion and vitality in the body tissues facilitating a much more of a rapid release of what is left out to work on. The body is "primed" to let go of more.
One osteopath brought her teenage son (who she had worked on since birth).
After only 12 minutes of her son on the Table this physician recognized a very old underlying pattern in her son that she had observed only a couple of times after extensive work since his very early childhood. I asked her how long it normally took to release this pattern and she replied it always took about forty five (45) minutes. I asked her if she would be willing to release the pattern while he was on the running Table and she agreed. To her surprise, after only eight (8) minutes she looked up and declared that it had released in record time. While this example is quite extraordinary, the time savings and effectiveness benefit for manual and energy medicine practitioners is quite a common and replicable result .
- c) We've found that, ideally, turning on the table for another 6 to 8 minutes after the practitioners session will maximize and globalize the treatment to the whole body integrating the treatment to a much higher level.

EXTRAORDINARY RESULTS:

While there are way too many to list, some of the more remarkable observations are listed below. Again, it is important to realize that these represent the "next layer of the onion" for that particular individual-something that became "locked up" or restricted at an earlier time of injury/trauma. The generic, global action of the table assisted the release and resynchronization of what was "next up" for that person. Usually we release through the most outside (recent) layer of the onion as we move closer to the core issues .

- 1) On the first "Table Ride" and after (12) minutes on the table, a women in her fifties reported that she began to sweat (perspire) for the first time in her life. Previously, she would never sweat even with high temperatures or exertion.
- 2) Several people (less than 3%) re-experienced pain/discomfort mimicking old injuries or surgical trauma within three (3) to four (4) days after being on the Table. By staying in the "observer" role they could relate to the old injury perception as it built up its discomfort until it released. Once that memory pattern, or that layer of tissue trauma released, the participants did not report re-experiencing that particular pattern again (however, I would postulate that discomfort and release could reappear if there were many different injuries/trauma episodes to the same area at different times).

- 3) One woman in her mid 70's experienced a release in the ankle after which she regained sensation in her arch and the bottom of the same foot, which had been numb since she was a teenager. At the time of the release she finally recalled a lost memory of a sports injury event when she was twelve (12) years old as well as the surfacing of the concurrent emotion, which she had experienced at that time. There have been several other cases of release of long term chronic foot and ankle limitations/pain from significant past traumas. These often resulted in significant improvement in gait and alignment. In the majority of these cases reported, the pain and need for supportive treatment/therapies for that area does not return unless re-injury or old postural habits were maintained.
- 4) Several people that had emotional releases while on the table (laughter, crying, etc.) and reported, after the table experience, they felt less troubled and more relaxed. Long term, several patients have had reduction in panic/anxiety type symptomology.
- 5) Another woman got off the table and walked firmly on the soles of her feet feeling very connected to the earth for the first time since her bunion surgery twelve (12) years earlier. Post operatively she had developed a way of walking putting more weight on the outer edges of her feet while she was recovering.
- 6) A fifty two (52) year old man who was so tense and unable to sleep following a history of multiple heart surgeries and extended hospitalization during the previous three (3) years. After "riding" the Table, he finally relaxed and was able to sleep through the night for the first time in months . This continued during his recovery. Prior to this he had many different alternative treatments and talented therapists working on him, but the underlying tension remained until his ten (10) minute Table experience. Doubtless, those treatments helped "set the stage" for the release that occurred as his body "unwound" globally on the Table.
- 7) One mechanic/fabricator had immediate relief from shoulder pain and limited movement as well as being able to stand up straight after his table experience. This happened many times for him – each time after re injuring or "tweaking" himself during work related incidents. Each time he was returned to normal function without pain or limitations in twelve (12) to fifteen (15) minutes.
- 8) An eighty six (86) year old woman was treated over a four (4) month period after recently ending up in a wheel chair after a history of sacroiliac and low back pain. In two (2) weeks of "riding the Table" three (3) times per week she was using a walker, and in two (2) more weeks she was using a cane. Her Table experiences of twelve (12) minutes at a time occurred two (2) to three (3) time per week. The last month she used no cane. Five (5) months later, she re injured herself and had both regained the pain and need for her walker. She returned to Tucson but the Table, which was being worked on, was not available until the third day before she left after her one (1) month visit. During the time before the Table returned, she was referred to four (4) different practitioners of extraordinary skill in physical/manual medicine. Results were "sketchy", and there was no lasting improvement. Finally when the table returned she got on it for fourteen (14) minutes. When she got up and walked around a bit, she said, "watch this". She proceeded to lift one knee to her waist while standing then rotated it toward each side of her body still while standing. I was very impressed with what I thought was her ability to demonstrate

- an improved sense of balance. When I asked her what was different, she reported that she had been unable to move her leg like that since her hip surgery on that side two (2) years earlier. Her gait went from a bit of a shuffle to having some bounce back in her step.
- 9) Several clients have demonstrated, over a period of Table sessions, significant changes in decrease of anxiety patterns and twitching. Concurrently they developed the momentum to make significant life choice changes and began to dress differently. There was an obvious change in their feelings of self worth and self esteem resulting in improved relationships with themselves and others. They seemed more open to possibilities and more empowered to make changes. While it is difficult to attribute these changes to the Table experience only, looking back generally at the people who have been on the Table more than once or twice, there is a trend that seems to suggest that one of the benefits may be to also release blockages on the mental/emotional levels.
 - 10) One rather fragile elderly man required the assistance of two (2) of us to get him on the Table. He was skeptical but was open to trying the experience. It had become increasingly difficult for him to get around and his friend and I were interested in seeing how he would feel after ten (10) minutes on the Table. He reported no change noticeable when he got off the table. While moderately surprised, I asked him to return in one (1) week for another Table experience. When he returned I was again surprised that he had reported no improvements. When I said let's try it again, we were both amazed as he hopped up onto the table with no assistance from either of us.

While the Table appears to be one of the most significant modalities in facilitating high-level wellness, it does not replace the “hands on” work of a physician or therapist. It simply makes their work more effective, efficient, and sustainable in a fraction of the time. The Table is a very effective adjunct to other modalities and practitioner's treatments to put patient/client improvement on “fast forward”.

HOW AND WHY IT WORKS:

To understand how and why it works requires an understanding of the construction of the soft tissue, also known as Fascia, or connective tissue. When someone injures him or herself from a fall or accident, there can be a distortion/restriction in the soft tissue (Fascia or connective tissue) system of the body. For someone trained in sensing it, there is a soft tissue distortion reflecting the intensity and the direction of the fall or blow. The Fascia is like an entire “body glove” of connective tissue lying under the skin and is honey-combed within and throughout the body suit shape to support every organ, gland, bone, muscle bundle, nerve, blood vessel, etc. . There are areas where there is a thickening to attach muscles to the skeletal system. These denser connective tissue attachments are recognized as tendons and ligaments. While many of us may be familiar with the extreme trauma of a torn ligament, much lesser injuries or falls can still result in the same distortion of the entire “body glove” connective tissue Fascial system. Not just distorting the localized point of trauma or injury, the resultant strain pattern in this soft tissue system reflects the entire position that the body was in at the time of impact. We’ve all seen how a sprained ankle causes imbalance, pain, and compensations that, even after healing, may exert imbalancing effects for the knee, hip and upper torso and head. A recognized expert in the field Dr. Harold Magoun Jr. DO, FAAO, FCA, DO Ed (HON) describes the fascia 10/25/04 :

“ Connective tissue includes Fascia, which is synonymous in the art with the term “body glove” and reciprocating connective tissue, eg “connective soft tissue.” Fascia is a major component of the human body. It comprises protein fibers, collagen and elastin, a variety of cells, and a mucoid ground substance important for many metabolic processes. Fascia does not include muscle. Fascia develops in several varieties, loose or areolar, dense, or fibrous, and special, for example. It envelops every structure in our bodies, and physiologists say, if every cellular structure were dissolved leaving only the fascia, the whole body form would still be present.

In its structural role, fascial fibers are formed in lines of stress, the more stress, the more fibers are formed. At certain intervals, cross fibers, termed “cross hatching”, are present to maintain the structural form. There are inherent forces in fascia, which are present to maintain normal configuration and function in all such structures. When abnormal forces are exerted either from low grade repeated stress, or from major trauma, additional fibers are laid down in those lines of stress, but the structure still maintains a tendency to return to a normal state.

Both normal and abnormal fascial patterns can be diagnosed by a careful palpatory examination as taught by Osteopathic Physicians. When abnormal patterns (called “fascial winding”) are found, they can be returned towards normal, depending on their severity, by manipulative procedures, which are termed “fascial unwinding” “

Speaking the Body’s Own Language – rhythmic co-ordination

Dr. Robert Fulford D.O., described local percussion therapy (percussion hammer) as treating areas of trauma that created a disturbance in the energetic field as well as physical changes in tissue (circulation/lymphatics/ nerve innervation). These areas showed a lack of resonance/coherency or “energy sinks” – (see piezo electric nature of bone and tissue –Dr. Rollin Becker).

With percussion sweeping the field of energy sinks with new energy (piezo electric), it mobilizes restricted tissue and energy sinks (restrictions) initiating Auto shifting the layers of strain patterns of episodes of trauma. This automatic shifting creates a state of spontaneous resonance/coherency within the tissues to create balanced motion, best blood circulation, lymphatic drainage are all improved, as well as function and range of motion. The percussion improves membranous and articular relationships improving CNS mobility, improved respiration, balance and rhythmic interchange with greater depth of respiration. Restricted tissue is mobilized to improve function and healing in a balanced environment.

To better understand the reciprocal nature of a strain pattern, picture two metal “T” poles connected by lines to hang laundry:

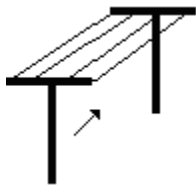


Figure 1

If you push on the right side of the lower horizontal bar (twisted the pole), it will create the same twist in the second “T” post as the left lines tension and the right lines loosen.

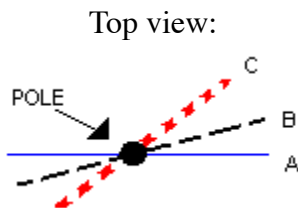


Figure 2

From above we can visualize the “T” pole where “A” is the normal balanced resting position, “B” is within the normal elasticity of the metal pole to twist and still recover back to “A” position. A twist to “C” over extends the metal and induces a permanent distortion. Likewise, in the body, within certain limits of “elastic tolerance”, the fascia can normalize back to a balanced resting position. A force beyond those limits induces a strain pattern correlating to the strength and vector of the force imposed on the body in the position it was in at the time of the injury. This new body “memory” (or

distortion) is stored in the fascial system and affects all the structures which it supports, or passes through it (including every muscle bundle, nerve, blood vessel, organ, etc.) The percussion therapy Table creates an environment that allows for an unwinding/release of the strain and compensation patterns and “resets” to normalize alignment.

As we grow up, traumas, falls, and injuries from birth onward create layer after layer of strain patterns in the fascia like the layers of an onion with each strain pattern distorted or restricted in a direction based on the position that the body was in at the time of impact.

This distortion of the 3D “body glove” throws off the body’s alignment and function. Structures function optimally when they are not being twisted, strained or restricted within a fascial strain from an old injury. Typically it requires a trained practitioner to facilitate the release of these strain patterns and to “re-set” the Fascial System into a balanced neutral position. As you can imagine, with each new injury, a new distortion pattern is overlaid over the previous pattern like the layers of an onion. Our invention is the first device designed to rebalance this Fascial System on a full body level, inviting all the components of the fascia to re-set to balanced tension again.

Physicians and therapists trained in various forms of manual medicine have learned how to detect and treat these distortion patterns and facilitate their release. These strain patterns result in the distortion or restriction of balanced body alignment, and impedes what the cranial osteopaths recognize as the normal and equal opposing rhythmic movements of brain and spinal fluid mobility, of the cranial bones, the sacrum, and the soft tissue Fascial system. As restrictions and strain patterns release, it facilitates improved lymphatic drainage and blood flow to the area as well as the release of restricted ranges of motion and discomfort allowing nerves and glands to function in a neutral, unstrained environment.

Seen another way, if you can picture a twisted telephone cord as an analogy for the distorted connective tissue “body glove” (externally and internally throughout the body) this gentle form of manual medicine invites the body to “unwind” it’s distortions or strain patterns like taking the receiver off the phone and letting it dangle. This allows the cord to unwind and return to its normalized untwisted position. In the case of the body’s Fascial system, this release of twists and distortions optimizes normal physiological function of structures that pass through it and are supported by it. Cranial Osteopaths use these principals to achieve these results in their practice of manual medicine.

World famous Cranial Osteopath expert, and mentor of the Table inventor, Dr. Robert Fulford DO, was the first to use this percussive knowledge. In the 1950’s he discovered that a percussion hammer was a hand held pulsing device that could facilitate the release of the oldest and most resistant strain patterns locally in one area at a time. He usually utilized this device at the areas of joints, muscle insertions, and attachments on the bones. As a result, experience taught him to match the frequency of the device to the tissue tension of the injury strain. The body’s Fascia would begin to unwind and soon

precipitate the release of the strain pattern in that area relieving restriction, pain, and improving local function and alignment.

For over fourteen (14) years Dr. Swidler (inventor of The Table), utilized the percussion hammer which he was taught by Dr. Fulford, working locally on each area. He began to wonder whether the whole body would recognize and respond to a global full body therapeutic pulsing experience in a similar fashion. Dr. Swidler approached Dr. Fulford with his concept three months before Dr. Fulford's passing and received his blessing on the project. The invention of the Table was the result. The Table triggers the body to release strain and compensation patterns profoundly and rapidly much as the percussion hammer did locally. It puts the unwinding process on "fast forward" as it moves the body through the layers of the onion, releasing the body's trauma history.

Or to describe it yet another way, percussion therapy essentially induces a shock or wave that passes through the body like a ripple in water. It passes easily through unrestricted tissue without much effort but pulses against soft tissue restrictions like a stream washing against a dirt mound. With each pulse it carries away more & more dirt until it dissolves. When the restrictions unwind or "dissolve", more optimal function is achieved as the body realigns itself.

Most massaging devices help relax soft tissue and loosen tight "knotted" areas. This creates a local relaxation of the soft tissue environment. If the overall fascial strain (connective tissue around muscles, organs, nerves, blood vessels, etc.) is not released, the memory pattern in the fascia will bring back the strained position in the treated tissues, and adjustments by physicians will not hold as well with just local treatment.

This table represents a new category of device – one that treats the entire body's soft tissue Fascial System. Distorted by strain patterns, "unwinding" or re-setting the fascia, a phenomenon observed by doctors and practitioners trained in manual medicine, specific requirements are needed. Some alternative technologies currently available on the market include those that relax muscles, oxygenate and mobilize tissues, and create a degree of muscle relaxation. In contrast, this device has been created with specifications to maximally induce the body's own "re-set" mechanisms which releases fascial strain patterns, layer by layer. It requires tuning the Table to each patient/client with the specific frequencies and amplitudes to match their tissue tension as well as the correct amount of time of delivering one synchronized impact at a time to the whole body simultaneously.

Other tables that knead, roll, or pulse the body have not been as effective because multiple sources of the same signal at the same time can create some local effects but also some degree of interfering waves in the body's fluid system in the following manner:

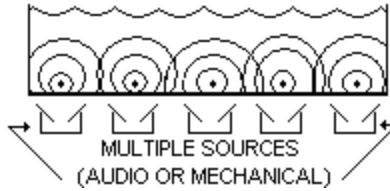


Figure 5

In our mostly fluid bodies, a pulse initiating at different points will each radiate out in a “ripple” pattern. Where these patterns touch or cross, they create interfering, dissonant or canceling wave patterns and decrease the effectiveness for the client. The body system’s inherent self adjusting re-set “unwinding” function is not initiated without a properly tuned, single sourced (one simultaneous pulse), sine wave to respond in it’s physiologically unique manner; initiating automatic shifting or “unwinding” of the entire “body glove” to neutral tension, familiar to and observable by Cranial osteopaths.

With a release of the fascial system there are noticeable benefits :

1. Greater oxygenation
2. Greater dumping of intercellular and lymphatic toxins and wastes
3. Greater oxygenation and absorption of nutrients on the cellular level
4. Improved range of motion
5. Improved body function and energy levels
6. Vast reduction in eliminating jet lag overnight with fluid rebalancing in neutral tissues
7. Improved connective tissue and muscle tone
8. Supportive in the treatment of depression
9. Increased retention of bone density
10. Very useful in the treatment of headaches, neck aches and back aches, TMJ (jaw joint) dysfunction.
11. Increased speed of recovery from injuries and certain medical procedures.
12. A profound adjunct in the use of manual medicine and energy medicine.

13. Helps to normalize body functions by relieving restricted areas, helping to balance alignment and restoring motion and nutrients to tissues.

I have found, over the years, that the hardest populations to do body work on and observe much sustained change are the obese, muscle bound athletes, & the elderly. These are the populations that the Table works the best on.

In over five years of clinical research, on over one thousand volunteers, physicians and therapists trained in the subtle perceptions of manual medicine and of resetting the Fascial System have unanimously agreed that this device has accomplished an unprecedented degree of Fascial strain pattern elimination with the resultant effects for establishing client well-being, healing, and harmony.

To: Steve Thrasher

From: Steve Swidler for the Table Project LLC

March 4, 2004

Dear Steve,

Before I discuss the difference between our invention & the existing patented devices, I wish to share with you that our “percussion table” is the first device to treat strain patterns of a specific soft tissue system in the body. While other devices focus on “well being” and relaxation to achieve their beneficial effects or engaging skeletal impact by loading in gravity, this invention is the first to achieve a unique and proprietary therapeutic treatment to the entire body’s connective tissue system (or “Fascia”)

To better understand what this device does, it is necessary to understand the fascia as an entire system. Fascia can be visualized as the “body glove” of the body. It is the connective tissue support system of the body that is thicker where it joins with ligaments, tendons, and the dense layers surrounding the central nervous system. It is established as a discrete soft tissue system that is scientifically, medically, & surgically recognized. Our invention is to facilitate its balance and normalize the tension on the system.

To picture what the Fascial System is, imagine the human body and then remove the skin which overlays the fascia, and the muscles which are enveloped and separated by fascia as well as all the bones, organs, glands, nerves, fluids, etc. Remove all of those and what you would be left with is the fascia: a connective tissue sack shaped like the body with millions of honeycombed compartments or spaces to support, attach or to suspend all those elements (muscles, bones, organs, central nervous system, etc.) The Fascial system is quite flexible and for the most part, fairly elastic.

When a shock, blow, injury, or fall occurs, not only can this create a local injury to the area that is hit or hits another surface and gets damaged, but, if the shock is strong enough, it can create a distortion of the fascia in the same direction and force as the injury. This can lock in a strain pattern in the same position that the body was in when the shock or injury occurred. So later, even when the person is upright, the fascia can be foreshortened, stretched, compressed,

twisted, or restricted correlating to the position the body was in at impact plus the force and vector of the injury.

This is the first device of its kind to pulse the whole body simultaneously from one source and to induce the body's own unwinding on fascial reset system to release the next "layer of the onion" (soft tissue memory strain pattern). For therapists and practitioners, this means an extreme reduction in the tension patterns of their patients of clients before they receive treatment and facilitate the effectiveness of further therapy or modalities. The practitioners can then address the more underlying problems instead of having to get through all of the habituated strain pattern manifestations and their compensation patterns.

This table represents a new category of device-one that treats the body's soft tissue Fascial System (connective tissue) distorted by strain patterns. To "unwind" or reset the fascia, a phenomenon observed by doctors and practitioners trained in cranial osteopathy and manual medicine, specific requirements are needed. Otherwise we return to the category of the other devices; those that relax muscles, oxygenate and mobilize tissues, and create a degree of relaxation, etc.

This device has been created with specifications to achieve the release of fascial strain patterns, layer by layer. It requires specific frequencies and amplitudes to match the tissue tension of each individual as well as the correct amount of time delivering one synchronized stroke at a time to the whole body simultaneously.

With these understandings, I can now address what makes our invention distinct and unique from the other patents cited by the examiner, and others I have discovered, that appear similar but do not "unwind", re-set, normalize, or rebalance the entire fascial system.

KEY DISTINCTIONS FROM OTHER WHOLE BODY VIBRATION DEVICES:

Devices that involve standing during W.B. Vibration operate at higher frequencies and amplitudes (strength of each hit). These do not initiate the body's inherent re-set system of automatic unwinding of the soft tissue fascial system. Additionally, in standing in gravity they drive the skeletal system vertically (compress) deeper into the already existing strain patterns and misalignments that carry distortions.

Horizontal applications of a single sourced percussion while laying down, allows space between the joints and vertebrae for the connective tissue (Fascia) strain patterns to unwind in Automatic Shifting, until they release and normalize to their equal and opposing functional influences.

April 29, 2002

Re: Percussion Table

1. Claims – assists in
 - a. Unwinding soft tissue strain and injury patterns
 - b. Balancing body fluids and alignment

- c. Invites a condition favoring altered state physiology
2. I envision health care facilities, spas, wellness centers, hospitals, rehab centers, malls, nursing homes, airports, medical and dental offices, training centers, professional and school athletics, health care providers in general.
 3. It puts the therapeutic process of relaxing and unwinding soft tissue strain/injury patterns, balancing alignment, and balanced fluid motion on “fast forward” allowing a skilled practitioner to see two to four times as many patients with less effort and much greater results. It helps people who have been in pain or who have restricted areas in their bodies to return to optimal function. In assisting balancing body connective tissue function and fluid motion is also assists with very rapid recovery from items such as: jet lag, old/recent injuries, and restricted areas of function.
 4. Currently this kind of balance is achieved with various forms of bodywork including but not limited to: osteopathic / chiropractic manipulation, massage and various forms of manual medicine (physical therapy, rehabilitation, sports medicine, etc.) Current devices and tables feel good, help relax tissue and may massage or relax the patient / client but very few are effective in facilitating lasting changes. If these devices do provide lasting changes, they tend to act locally rather than globally with the entire body (impactor, chi machine, percussion hammer, for example.)
 5. Most existing devices are asynchronous and create a non-coherent or scattering wave pattern in the body. This device is synchronous and therefore induces a coherent state promoting self-adjusting physiologic resynchronization (Automatic Shifting). This is similar to the automatic physiologic rebalancing observed in altered state physiology providing specific measurable and favorable shifts in physiologic function. Similar results can be achieved by adept practitioners, but usually requires two to four as much time to achieve. This device seems to eliminate about 80% to 85% of the body tissue’s guarding, bracing or compensation patterns allowing a trained practitioner to quickly locate the primary underlying causes. After being on the table, the tissue responds much more quickly and profoundly to a practitioner’s work.
 6. Percussion therapy essentially induces a shock or wave that passes through the body like a ripple in water. It passes easily through unrestricted tissue without much effort but pulses against soft tissue restrictions like a stream washing against a dirt mound. With each pulse it carries away more and more dirt until it dissolves. When the restrictions unwind or “dissolve”, more optimal functions are achieved with much less effort.
 7. Describing the Table to colleagues:
 - a) To a dentist treating TMJ, I would say that if a patients bite is off, their neck is off, hips are off, etc. and that the most ideal jaw position would be a location in which optimum body alignment and function were achieved. This device, in the hands of a trained practitioner could help the dentist determine a much more ideal jaw joint

position to a balanced and aligned body as opposed to looking at the jaw and masticatory musculature as an isolated area of treatment (as it is currently approached)

- b) Sometimes in patient care the practitioner reaches a certain perceived limit in the patient or client's recovery. To a body worker or physician, I would say this device would help "blow through the ceilings" of treatment effectiveness by eliminating 75-85% of residual strain patterns and their resulting compensations. This would allow their modalities in treating the underlying problems to be far more effective, efficient, and focused. In such cases the use of this table in the hands of skilled and trained therapists could assist the practitioner in achieving much more profound results with their own modalities.
8. The table can be used pre or post treatment for other practitioners. In difficult, chronic cases, using the table pretreatment brings the patient/client closely back to where they were at the end of their last session as a starting point for the practitioner's next session.
 9. Prior to the table experience, the therapist takes a medical history, measures "baseline" (pretreatment status) and evaluates suitability or non-suitability of using this device. If the patient/client decides to "ride the Table", a brief discussion on what the patient is likely to experience during and after treatment (based on other experiences with the table), an informed consent reviewing the information exchanged and also clarification on risk and liability should be signed by the patient/client if they wish the experience.

The patient/client then lies on the top of the table surface supine, prone or on the area of the injury. The trained therapist or practitioner adjusts the machine to the suitable frequency and amplitude for that individual recipient. This slows down or speeds up the motor and the gear reduction unit and the attached sprocket where a chain coordinates the simultaneous rise and drop positions of the four round cams by driving two shafts. The timer is set for the appropriate client/patient needs (typically 1-2 minutes to check patient's comfort with the movement), and later 12-20 minutes as they are able to relax into the experience. Clients with a history of medications, chemotherapy, etc. should begin with only a 2-3 minute session as their tissue may "dump" residual chemicals from their tissue into the lymphatics causing a reaction.

10. This drop percussion is unique and different from tables which shake the person side to side, or work on one area/ zone of the body at a time. The solution is unique in that the effect of delivery is drop percussion (in contrast to reciprocal equal up and down motion, it is not side-side massaging or a "shaker table"). It is a single drop percussion delivered simultaneously to the whole body at one time thereby not limited to zones or creating interference wave patterns. The percussive drop actually creates a miniature shockwave which is itself comprised of a huge number of different frequencies and the

body is able to draw the frequencies that it needs to unwind or unravel soft tissue or fluid restrictions.