

## Foreword

*“You’re not responding as well as I had hoped;  
I’m going to have to use something stronger.  
This is twenty-first century medicine.”*

I heard the late Robert C. Fulford, D.O., F.C.A., utter these words as I lay on the treatment table in his home at Waverly, Ohio in April of 1994. I had sought his help because I had not been recovering well from an acute illness which had begun several months earlier. “Doc,” as I affectionately called him, showed me a case containing three crystals of varying strength. In the course of treatment, he used two of these crystals before I began to respond satisfactorily, so that he could resume his customary treatment pattern. I then began to respond more and more to his use of palpatory assessment, interpretation, and the oscillatory effects of the percussion vibrator. The third crystal was never used in my treatment, and by October of 1996, thanks to his ministrations, I finally recovered my sense of improved health and respiratory effectiveness. Doctor Fulford passed on the following year.

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During the course of his professional life, Doc contributed to osteopathic thought and served as a guide to the development of that thought among the osteopathic physicians who will follow him. The patients in whom health was restored through his love, practice, and thought will always be grateful.

Zachary J. Comeaux, D.O., F.A.A.O., the author of this text, is particularly well situated to understand the significance of Dr. Fulford's work. He was a frequent companion of Doc's during the final years of his life. As a physician to the late Mrs. Fulford, and with access to Dr. Fulford's notebooks, papers, and source books in the months following his death, Dr. Comeaux offers an expanded view of his thought and methods. I have known and worked with Dr. Comeaux since the years of his predoctoral program at the Ohio University College of Osteopathic Medicine (OUCOM). It has been my privilege to know him as a student, friend, and colleague on the school faculty.

The physiologic premises underlying Dr. Fulford's work and thought are examined by the author in both historical and contemporary contexts. This approach reveals that aspects of neuroproprioceptive physiology and tonic vibratory reflex are not generally applied in the clinic. It facilitates an understanding of Dr. Fulford's elaboration of the thought of Andrew Taylor Still, M.D., D.O., and William Garner Sutherland, D.O., as well as those aspects which are unique to Dr. Fulford.

Doc made his last professional appearance at the 1997 Cranial Academy Convention in Chicago. There he pleaded with his audience to rely on osteopathy to better understand the complex streams of moving energy of which our patients are comprised. The author's effort in writing this book addresses that plea.

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