

A New Dimension Of The Renaissance Of Self-Help Health Care Programming

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Kinetic Therapy

With The Use Of The Perry-Band

Every sports activity, every job, everyone's body, has inherent weaknesses and instability – whether genetic, acquired, learned or created through trauma. Dr. LeRoy Perry has created and added a new dimension of the renaissance of self-help health care programming with his Perry-Band, unlike any other device to date. It is not just a tool but the embodiment of a philosophy of efficient biomechanics, stress reduction and enhancement of performance. There is no part or movement activity that cannot benefit from controlled balance, muscular or structural.

The Perry-Band allows the patient to help themselves anywhere, whether it be in a hotel, airplane, at home or while travelling. It has replaced cumbersome equipment, weights and sports devices many athletes formerly had to carry on trips. Several of the most famous Olympic and professional athletes,

actors and actresses, airline pilots, and even secretaries, are using this device.

The concept is called Kinetic Therapy: muscle development by isolation of the weakest muscles taking them through a full and complete range of motion as possible. The Perry-Band ensures active and consistent resistance.

joint decompression in mind, therefore all attempts are made to support each joint of associated muscles being actively exercised.

Each exercise program is based upon patho-mechanical weakness of postural instability therefore reinforcing overall body balance and stability. Each exercise program must be

should not be overlooked. It was designed and developed to ensure overall body coordination therefore in unilateral sports like the javelin, tennis, racquetball, etc., pre-training exercise requires using the Perry-Band with the opposite hand concentration on all movements as if performed on the usual side of handedness.

This process ensures muscle development and coordination of both intrinsic and extrinsic muscles. The activities should also be performed in reverse to guarantee opposing strength and therefore STABILITY. These East German and European concepts have helped develop the Perry-Band into a preventive as well as rehabilitative device that has helped many world record holders stay the best.

Tom Petranoff, world record holder in the javelin, is one of many athletes who uses the Band immediately before competition

“The Perry-Band proves once again that chiropractic research and development pays off.”

The proven benefit of the Band over other exercise devices is that it helps specifically to isolate agonistic/antagonistic muscle development while enjoying isokinetic programming through resistance of flexion and the countering back pull on extension. This device is designed with

designed for the individual with these concepts in mind.

As the Perry-Band was designed to be used while submerged in water as well as on dry surfaces, the benefits of hydro-therapy for postoperative, acute or handicapped rehabilitation

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by Maureen Bender



to guarantee joint mobility, full muscle stretch and coordination.

Kate Schmidt uses the Perry-Band regularly. At the 1976 Olympics in Montreal, she was Bronze Medalist in the Javelin and is a previous holder of the world record. In May (1984) she took second place at the Pepsi Invitational Track Meet which included former Olympic, other world class athletes and future hopefuls. She intends to compete in the 1984 Olympic Games to be held in Los Angeles this summer.

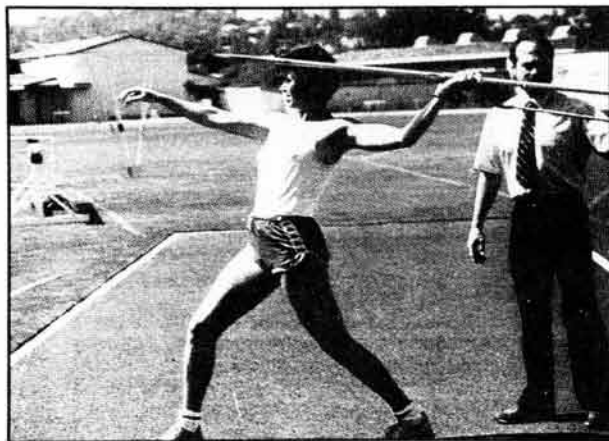
Kate is shown in the accompanying photographs receiving instructions from Dr. Perry. In photograph number one, Kate Schmidt crosses hand over her chest. Dr. Perry helps her identify her cervical/upper mid-thoracic muscles in order to create an isolation of spinal extensor groups. Body attitudes such as hand grip, straight leg extension or spinal lordosis are meant to be avoided in order to ensure proper rules and laws of kinematic chain development.

In photograph number two, Dr. Perry reinforces a pelvic tilt and correct biomechanics of hip rotation. The Perry-Band is used to create resistance through range of motion isokinetically to ensure strength and

development of all associated muscle groups. Using the javelin with the Band also ensures proper neuromuscular proprioceptive development of eye, and hand-javelin coordination and a feeling guaranteeing a spontaneous overall body movement.

Kate Schmidt, photograph number three, practices warming up and coordination drills. Dr. Perry observes and makes biomechanical recommendations to ensure efficient movement, thrust and body control. This is not to be confused with coaching on javelin techniques. Biomechanical observation, evaluation and correction does aid in body movement and development, and therefore the development of proper technique.

The coaching of technique can only truly occur within the athlete's ability to interpret the feeling of balance. Therefore, it usually takes the athlete, coach and doctor working together analyzing both stagnant and dynamic movements of Perry-Band isokinetic movement to ensure maximum, international class strength, coordination and performance enhancement. The additional photographs show other aspects of the instruction session of Dr. Perry with Schmidt.



The Perry-Band proves, once again, that chiropractic research and development pays off. It is distributed exclusively by Brillhante Co., Inc., whose slogan is "A Brilliant Idea".

It's goal is to supply the necessary tools. Dr. Perry says there is an athlete and genius in all of us. We only need to seek them out with effort and dedication. ■