

# A DOCTOR/PATIENT RELATIONSHIP: JANET AND JOHN

**JANET TRAVELL M.D.**

17.12.1901 – 1.8.1997

Emeritus Clinical Professor of Medicine  
George Washington University School  
of Medicine, Washington D.C. USA

"The Originator of Myofascial  
Pain Syndromes"

"If you stick by me Dr Travell,  
I will make you notorious"

**J.F.K (18)**



Name: Janet Travell  
DOB: December 1901, 17 East 12th St, New York City, USA (18)

Education:

Beverly School (graduated at 16 years of age)

1912-21 Radcliffe College

1922-23 Cornell University Medical College, New York

New York Hospital Internship

1932 Cornell University Medical College - Instructor in Pharmacology. Published 9 papers with

and without co-authors in General Pharmacology. Part time Pharmacology Department lecturer: 26 years.

1935 Started private practice with father, Dr Willard Travell. Developed an interest (from his father) in manual medicine, manipulation, electrotherapy – published with his father a paper on

sacro-iliac manipulation (1935). (19)

1941 Part time physician to the Kennedy family

1941 Part time Beth Israel Hospital Cancer Clinic, Seaview City Hospital for Tuberculosis – developed an interest in muscular pain referral (after reading Kelgren's paper in 1935 on muscular referral of pain (BMJ 1935; 1: 101).

1941-61 24 papers in medical publication with Seymour H Rinter (15).

May – First consultation with Senator John F. Kennedy (2 July 1953)

1951 Invited to join the White House Medical Unit to accompany the Kennedy Delegation to the United Nations (1951).

1961 Invited to join George Washington University School of Medicine to teach physicians her approach (1959).

1962 John F. Kennedy assassinated.

1963 Appointed personal physician to President Lyndon Baines Johnson (35th president)

Published an autobiography aged 67 – "Office Hours Day and Night".

1970 Extensive research and published widely on muscular (myofascial) pain syndromes.

1973 Myofascial Pain and Dysfunction, The Trigger Point Manual, published with co-author

David Simons (17).

1990 Myofascial Pain and Dysfunction, The Trigger Point Manual – The Lower Body (15).

1999 Myofascial Pain (168 pages) manual published into Italian, French, German, Russian and Spanish.

Period at White House: 4 years, 2 months (527 days) (18).

Personal physician to two presidents.

Last Appointment: Clinical Professor Emeritus

George Washington University

School of Medicine, Washington D.C., USA (15)

Died: 1 August 1997 (aged 95) (15)



Top left: JFK in a suit, smiling.  
Top right: JFK in a suit, walking.  
Bottom left: JFK in a suit, sitting.  
Bottom right: JFK in a suit, being assisted by another man.

Bottom left: John F. Kennedy, 1961. Bottom right: John F. Kennedy, 1962. Both photos taken during his visit to the White House.

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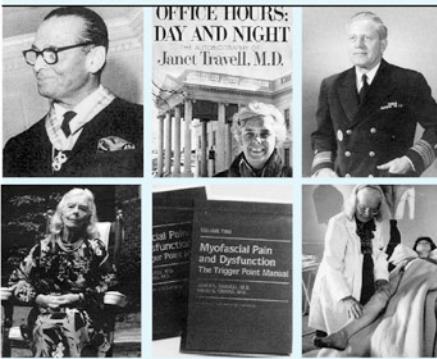
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OFFICE HOURS:  
DAY AND NIGHT

JANET TRAVELL, M.D.

Myofascial Pain and  
Dysfunction

The Trigger Point Manual

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and Dysfunction Syndrome

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