

A DOCTOR/PATIENT RELATIONSHIP: JANET AND JOHN

POSTER TITLE: A DOCTOR/PATIENT RELATIONSHIP: JANET AND JOHN

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

Education:
1918-21: Barnard School (graduated at 16 years of age)
1922-25: Cornell University Medical College, New York
1925-26: New York Hospital Internship
1926-28: Cornell University Medical College – Instructor in Pharmacology. Published 3 papers with and without co-authors in *Journal of Pharmacology*. Part time Pharmacology Department lecturer: 28 years.
1935: In part time practice with father, Dr Wilford Travell. Developed an interest from father in manual medicine, manipulation, electrotherapy – published with her father a paper on *acromioclavicular impingement* (1935) (12)

1941: Published papers on electrotherapy.
1941: Part time both time Hospital Clinician, Seaview City Hospital for Tuberculosis – developed an interest in muscular pain referral (later reviewed *Kalgreen's* paper in 1935 on muscular referral of pain) (24, 16)

1941-61: 24 letters in collaboration with Seymour H Rizer (15, 18)
1950: May – First consultation with Senator John F. Kennedy (just 1950)
1951: Jan – Acquired personal physician to President John F. Kennedy (ages) 54 (2, 9, 12, 13, 15, 16)
1961: Invited to join George Washington University School of Medicine to teach physicians her special skills (9)

1962: Nov 23 – President Kennedy assassinated.
1963: Appeared personally to President Lyndon B. Johnson (15th president)
1963: Published her autobiography, *Up to 7 – Office Hours Day and Night*
1963: Begins a 30 year collaboration on myofascial pain syndromes with David Simons M.D (15)
1970: Extensive research and published widely on muscular (myofascial) pain syndromes. 40 papers produced (7)
1983: Myofascial Pain and Dysfunction: The Trigger Point Manual, published with co-author David Simons (17)
1990: Produces 6 volumes / hour practical application of myofascial pain video set for practitioners. (aged 88)
1992: Myofascial Pain and Dysfunction: The Trigger Point Manual – The Lower Body (15)
1996: Dr. Travell's 2 volume (1864 pages) manuals published in Italian, French, German, Russian and Japanese (15)

Period at White House: 4 years, 2 months (1527 days) (18)
Personal physician to two presidents.

Last Appointments: 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 wheelchair when he was still in pain. Middle: JFK at Christmas 1962. Bottom left: JFK and Janet Travell. Bottom right: JFK and Janet Travell. Bottom right: JFK and Janet Travell.

JOHN FITZGERALD KENNEDY (J.F.K)

25.5.1917 – 22.11.1963

34th President of the United States of America

"If it were not for Travell's care during the last several years, my brother would not presently be President of the United States"

Robert F. Kennedy (R.F.K) Attorney General of the U.S.A. (1961 - 1963) (13)

Name: John Fitzgerald Kennedy
DOB: 25 May 1917, Brookline, Norfolk County, Massachusetts, USA. (9)
Age: 43 (at the time of his inauguration – 20 Jan 1961)

Address: The White House, 1600 Pennsylvania Avenue, Washington D.C. USA
Occupation: President of the United States of America

Past History of Illness: (9)
Sporadic Fever (20/20 ages 19 months)
Whooping cough, mumps (8/21 years)
Jaundice (1931)
Malaria (South Pacific 1942)
Venereal Disease (since 1945, aged 19 and ongoing) (9)

Problem List:
1. Adolescent Onset (2, 3, 5, 8, 9)
2. Chronic lower back pain
3. Hypothyroidism
4. Chronic colitis
5. Chronic urinary tract infections (Prostatitis)
6. Chronic ataxia
7. Hypochlosterolemia
8. Osteoporosis
9. SPT knees

Medication:
• Procaine intramuscular injections (early myofascial trigger point infiltration) (15)
• Cortisone (injected) when stressful situations e.g. speeches/pres conferences – 84 over 1000 days, daily 1.1M cortisone (9)
• Oritavone (intramuscular) (9)
• Lomotil, Mellarin, Pergonal
• Phenobarbital
• Tetrastene to control diarrhea from colitis
• Testosterone (to increase energy and boost weight following bouts of colitis)
• Phenergan (to increase his ability to absorb suit which Arthritis depleted)
• Turalin (for insomnia – a side effect of cortisone)
• Anesthetics (before and after intestinal barium contrasted)
• Vitamin C
• Calcium (to substitute for milk products which exacerbated his colitis) (9)

Top left: JFK in a wheelchair when he was still in pain. Middle: JFK at Christmas 1962. Bottom left: JFK and Janet Travell. Bottom right: JFK and Janet Travell.

OFFICE HOURS: DAY AND NIGHT
Janet Travell, M.D.

Myofascial Pain and Dysfunction: The Trigger Point Manual

Further Health Notes on JFK's back

1. Somnolence: The American public were told that JFK's back was a mystery, as well as his original diagnosis. (2, 3, 18) (See problem list 1-7)
2. He used Janet Travell as official White House doctor (public appointment) to consult from the media that he was also married for back pain by Admiral George Bunker, and New York orthopedic surgeon Dr. Hens Kraus. (2, 3, 18)
3. John F. Kennedy reportedly had his 3 recognized medical specialists in the back about "other" treatments he had for back pain – in May 1961 he went to France to meet French president de Gaulle, his long-standing physician Dr. Janet Travell, and Admiral Dr. George Bunker. (2, 3, 18)
4. In June 1962 Bobby Kennedy (JFK's attorney general, instructed and FBI authority) to analyze the substance that Dr. Max Jacobson was injecting into his brother's back, concerned that the President might become addicted to the amphetamine. Jacobson was using JFK dismissed questions about Jacobson's treatment saying tersely about the injections "I can't care if it's heroin or if it's work" (2, 17)
5. Prior to a speech at Madison Square Garden on the press conference (84 in June) in June 1961, JFK was injected with procaine to prevent the effects of stress. (15)
6. After 2 day meeting on 30 June 1961 in Vienna, Austria with Soviet Premier Nikita Khrushchev, he was injected for about 2 weeks with lower back pain. (2, 3)
7. "If it were not for Travell's care during the last several years, my brother would not presently be the President of the United States." Bobby Kennedy (RFK) Attorney General of the USA. (1961-63) (13)
8. "In health, I thought the President not in good shape. His back is hurting, he cannot sit long without the pain." Harold McMillan (British Prime Minister) who JFK met in Bermuda in 1961. (9)
9. "At least half the days that he spent on this earth were days of intense physical pain." Robert F. Kennedy (RFK). (15)
10. "Doctors came and went around Kennedy. In a lifetime of medical torment, Kennedy was more amenable with physicians and drugs than he was with women." Presidential biographer Robert F. Rowland. (5)

7am/7:30
30 min
Awoke & read 5 newspapers (11)

Hot bath: "A short hot bath in a long tub" (2, 11, 18)
Breakfast & phonecalls
1st. Went to Dr. Travell's White House surgery for myofascial procaine/M injections.
11:45 – eating and summer, Travell injected him with procaine two or three times daily. (11)

8-9:30am
Oval office Working

1-4pm
Off duty: Half hour swimming "tomatostraw" in heated White House pool (usually naked). 3 exercise sessions per week, under Dr. Hens Kraus's orders (sponsored by U.S. navy pharmacist mailed). Back strengthening exercises consisted of Leg raises, knee lifts, touching the floor whilst standing, push ups, knee bends (11)
Lunch and 2 cups (14)
In bed with hot bath to soothe his back.
Read and sleep 45 min – 1 hour
Hot bath.

4-8pm
Work

Early evening
Swimming pool 2nd session. Hot bath.
Dinner. (In earlier after watching a movie (lying down))
Retire, often as early as 8pm (9)

Exergonics: (After Travell 16)

1. SPT corsets always worn
2. Firm mattress (usually made from cattle bale hair) as he had allergies to horse hair and horses (used 2 linear spring mattresses on Air Force One)
3. Rocking chairs designed by Travell (consciously using) (inspective where he went, (restaurant) often with back, arm rests).
4. The presidential lectern was raised so that he could support his weight on its forearms, if his back became too painful to stand during speeches.
5. He sometimes took 5 hot showers a day to soothe his pain.
6. He left shoe was raised 1 inch to alleviate a functional scoliosis.

22 November 1963 (The day of his assassination in Dallas, TX) he was wearing his SPT corset. Investigators associate that it was to his fatal statement – the first shot that penetrated his neck (anteriorly). He would have survived, had he not worn the corset, the shock knocking him to the left side of the car seat. The corset kept his trunk vertical, allowing for the 2nd (and fatal) head shot. (11)

CHIEF COMPLAINTS
See Problem List 1-9

JFK Lower Back Pain History
Always a wicky child and chronically underweight. (2, 3)

1937: Aged 20, required lumbar disc whitening football at Harvard University in his 2nd (junior) year. (8, 12)

1937-42: Slow deterioration of back health. Impossible to sleep on a bed, resorted to table sleeping.
July 27, aged 20, drafted into US Navy, midshipman's school, Chicago, for Oct 1st training. Discoiditis made it harder the school and kept at it, until it became physically impossible to continue, rather than not do active duty in WWII. (9)

1942: Sustained a lower back injury during WWII in the South Pacific (Forajon Passage, Solomon Islands), when he fell from a PT boat (PT 108) was damaged and sank by a Japanese destroyer. (Amang) Mechanics of injury: Travell, onto his back and to the left. (9)

1944: Gradual worsening of symptoms of low back pain until development of left leg pain. (9)
Arthritic and failed aged 20, body weight 127 lbs (57, Kgs, 197/2). Chelsea Naval Hospital, 6 months of repeated admissions for scoliosis, culminating in failed lumbar surgery and ataxia. (9)

1945: Jan, Phoenix Arizona, Hot Springs Hotel, several months recuperating from failed lumbar surgery under Dr. Laffey. (9)

1945: First spinal injections of Procaine (a variation of Novocain). (15)

1954: Oct 21, Aged 37, Spinal fusion from graft and plate (L4/L5) at the Hospital for Special Surgery New York performed by orthopedic Surgeon Dr. Philip D. Wilson. Surgery postoperative 3 times-surgical physiologists and endocrinologists in class – surgical success 50/50 (9, 2)
Post-operative UTI unresponsive to antibiotics – critical. (The last night of the Catholic Church administered.)

1955: Feb 5: 4 months post spinal fusion, developed secondary staphylococcal infection. (Complication of lower 2 resistance due to Addison's Disease).
Resect surgery – removal of metal fusion plate. (8 inch scar). (2, 1, 15)
7 months convalescence from US service.

1955: Working with the axis of outcrops. (4, 19)

1955: May 28th consultation with Dr. Janet Travell at her office 16th St Street NY. NY
Age 38, (9, 15) fat – pale and anemic. Squared movement, collapses under shoulder blades from outcrops. Chief complaint: "I want reports from pain." (13)

1955: November – Kennedy cases presented (anonymously) in James. "A man 37 years of age had Ad Stone Lesion." (9)

1955-57: Corralled Dr. Travell nearly by monthly for 1 yr. Procaine injections into the lower back (musculature) (myofascial trigger point infiltration) and received ergonovine advice. (15)
Intrathecal 5 times for a total of 44 days including New York Hospital/Nov. Englewood Baptist. 2 weeks long 4 day period (9)

1957-61: "Best" period of lower back pain, i.e. at least pain. Managed as per 1956-57, conservatively. (1, 19)

1961: Jan. Aged 43, becomes 34th president of the USA (9)

1961: Jan. Appointed Dr. Janet Travell as personal physician to the president. (15)

1961: May 17: Citizens Councils at Government House while sitting over a space full of earth, he forgot to bend his knees and ruptured his lower back at a top planting ceremony. (9, 12)

1961: June 10, JFK died in Air Force One by cherry cake – (aid by mechanics working on engine) (15)
Unstable period of back pain. 17 May 1961 until his death. 22.11.1963 (2, 3, 9, 11)

SEE JFK'S DAILY PRESIDENTIAL SCHEDULE

Period in White House: 20.1.1961 – 22.11.1963 (1007 days) (1)
Last Appointment: 34th President of USA
Died: 22.11.1963 Assassinated Dallas, Texas, aged 46 (10)

Top left: JFK in a wheelchair when he was still in pain. Middle: JFK at Christmas 1962. Bottom left: JFK and Janet Travell. Bottom right: JFK and Janet Travell.