

IN SEARCH OF CLINICAL EXCELLENCE WITHIN S.O.T
Dr Robert Coté's Lifetime Clinical Research



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- Who was Dr Robert Coté DC, DICS and what was his contribution to SOT during his 50 plus years of clinical work?
- Dr Coté's protocol that is intended to be applied when patient indicators or symptoms persist after performing the entire SOT procedure as covered by the SOT manual

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A. Who was Dr Robert Coté DC, DICS, FICS and what was his contribution to SOT during his 50 plus years of clinical work?

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WHO WAS DR COTÉ DC, DICS, FICS

- The late Dr Coté was first introduced to SOT in 1943 when his father returned from a seminar given by Dr. DeJarnette. He said that he remembered himself standing in front of the distortion analyzer to demonstrate the new technique, SOT.
- He graduated in 1959 from the Los Angeles College of Chiropractic and began studying and attending SOT seminars since 1961, every year for 25 years.



Dr. R. H. Davis, the R. G. C. C. C. H., Dr. Brad Lakehouse. Under the wonderful direction of Dr. R. S. Davis, President of the Quebec District since 1961, Drs. G. and R. Côté, respectively Treasurer and Education Director, and with my humble contribution, the Canadiens will have a

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WHO WAS DR COTÉ DC, DICS, FICS



- He was active with the Sacro Occipital Research Society supporting Dr DeJarnette's work and from 1964 on, he was a member of the board of directors for 25 consecutive years. This includes a presidency in 1973-74 and a chairman position in 1975-76.
- Dr. Coté was certified in craniopathy and had his Fellow and Diplomate with the International Craniopathic Society throughout his life.
- He held practice in Canada for over 50 years.
- He was a primary SOT instructor in the US under Dr DeJarnette for over 20 years.

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WHO WAS DR COTÉ DC, DICS

- Has presented his innovative techniques and methods of care at the 2000, 2001, and 2003 SOTO-USA clinical symposiums
- Robert A. Coté, DC, DICS, FICS was awarded the 2003 SOTO-USA Lifetime Achievement Award



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WHO WAS DR COTÉ DC, DICS

- Dr Coté was all about doing as little as possible to get the most results in order to avoid disrupting the natural process of the body
- He always said: "Work WITH the body, its telling you what you need to know. YOU just have to figure out what it is saying!" A true master of his art
- He taught us that nature has left a map on the body in the form of indicators for you to follow. He showed us that they are everywhere: on the arms, forearms, calves, gluts, T/S ring, traps, occipital bone and many others



B. Dr Coté's protocol that is intended to be applied when patient indicators or symptoms persist after performing the entire SOT procedure as covered by the SOT manual

DR COTÉ'S PROTOCOL FIRST AND FOREMOST

- Always begin by following the entire procedure as covered by the SOT manual which is complete and should be followed as given, establishing and correcting the Category that the patient presents along with all necessary pelvic subluxation
- If all of the patients indicators resolve, you are done treating the patient for that visit
- If there are indicators that still persist or some of the patient's symptoms do not resolve after a few treatments with the SOT procedure, start Dr Coté's protocol

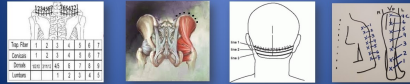


T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 1

- Confirm T/S ring thoracic and/or lumbar indicator findings with the palpatory findings of the following reflexes:

- TRAPPEZIUS FIBERS: to confirm the cervical level involved and associated thoracic or lumbar vertebra (ex: right trap fiber 4: C4-T6-L2)
- CALF OR POSTERIOR ARM REFLEXES: to confirm the cervical level involved (ex: right C4 calf reflex: C4-T6-L2)
- OCCIPITAL FIBERS: to confirm the cervical level involved and associated thoracic or lumbar vertebra (ex: right occ. fiber 4: C4-T6-L2)
- SUPERIOR ILIAC CREST REFLEXES: to confirm if there is T11-L5 vertebra involvement directly (ex: right L2 reflex)



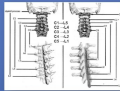
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T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 2

- If a lumbar vertebra is involved, determine the specific subluxation pattern based on cervical indicators through the R & C palpation and correct it:

- Cervical **spinous** process tender indicates lumbar **inferior** ipsilateral (ex: right C6-L2)
- Cervical **transverse** process tender indicates lumbar **anterior** rotation ipsilateral (ex: right C4-L2)



The correction can be made with any method you would like

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T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 3

- If a thoracic vertebra is involved, adjust at the corresponding thoracic level:

- The correction (ex: C4-T6) can be made with any method you would like to use



- Once the indicated lumbar and/or thoracic adjustment has been done, recheck your T/S ring and/or other previously positive indicator reflexes, they should be clear

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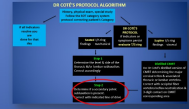
T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 1

Once you have made your indicated corrections according to the SOT protocol, and all indicators are negative, make a careful examination of the occipital muscles bilaterally.

If you palpate pain or swelling, the ipsilateral SI joint is still under stress and further corrections are needed to correct the secondary pelvic subluxation for:

- Ilium subluxation "in block" (C1)
- Sacrum subluxation (C2)



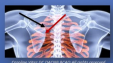
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T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 2

- **ILIUM** indicators ipsilaterally swollen or painful upon palpation:
 - lateral occipito-mastoid suture (temporal bone)
 - 3rd rib

- **SACRUM** indicators ipsilaterally swollen or painful upon palpation:
 - medial occipito-mastoid suture (occipital bone)
 - 4th rib
 - C2 spinous rotated ipsilaterally



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T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 3

- Determine the line of drive required to correct the secondary subluxation of the ilium "in block" or of the sacrum:

- The patient is prone and the practitioner stands on the side of involvement

- Contact the painful occipito-mastoid suture or rib with one hand and the corresponding ipsilateral from P16 or Sacral 2-3 with the other

- **ILIUM** lateral occipito-mastoid suture or 3rd rib → lum P16
- **SACRUM** medial occipito-mastoid suture or 4th rib → Sacral 2-3



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T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 1

- For a left side ilium or sacrum the practitioner stands on the left side
- The practitioner's left hand makes a finger contact on the parietal occipito-mastoid suture (on lateral left for ilium) or fib (on 3rd rib left) while his right hand contacts the Ilium PDS or sacrum (on Left Ilium)
- The doctor then applies mild pressure with his right hand cephalad, caudal, lateral and medial
- The direction that removes the corresponding occipito-mastoid or rib pain is the line of drive to be used to correct the ilium or sacrum subluxation



• If the occipital pressure at the PDS or sacrum does not completely control the indicator pain, vector your contact at a slightly different angle (anywhere between these 4 directions) until the suture or rib-Indicator is pain free (i.e. sacrum)

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T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 2

- Correction of secondary ilium or sacrum subluxation:
 - It can be made with a safe posture, drop, legon basics, sustained contact, or any other method you would like to use as long as it allows the correction to be in the determined line of drive and clears the indicators



- Recheck your occipito-mastoid suture or rib indicator: If it is not pain-free, go back and recheck your line of drive
- If the Indicator is negative, you are done treating this patient for that visit

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T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 3



• If the indicator is positive, you are done treating this patient for that visit

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T/S RING INDICATOR FINDINGS SUPINE – Visceral malfunction [View slide online](#)

2. Correct with occipital fiber-vertebral reflex neutralization

• Dr. Cole's clinical theory of an organ malfunction

• Bilateral occipital thoracic or lumbar contact

In a patient at the left of the prone position, a bilateral contact is held by his left hand at the occipital fibers involved (ex. occ fiber #3 line 2) and by his right hand on the corresponding paraspinous thoracic or lumbar area bilaterally (ex. T4) lightly pushing a headward pressure until occipital palpation is felt.

• Cervical paraspinous-thoracic or lumbar, 2 inches lateral contact
Doctor then moves his left hand to contact the corresponding paraspinous cervical area (ex. C3) right while his right hand contacts 2 inches lateral to the corresponding thoracic or lumbar paraspinous area (ex. T4 right). Both contact makes a soft tissue-relaxing motion to release tissue stress until pain is absent in the thoracic or lumbar contact.



Occipital Fiber Chart	
Occipital Fibers	1 2 3 4 5 6 7 8 9 10 11 12
Thoracic Area	1 2 3 4 5 6 7 8 9 10 11 12
Lumbar Area	1 2 3 4 5 6 7 8 9 10 11 12
Cervical Area	1 2 3 4 5 6 7 8 9 10 11 12
Spinal Area	1 2 3 4 5 6 7 8 9 10 11 12

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T/S RING INDICATOR FINDINGS SUPINE – Visceral malfunction [View slide online](#)

2. Correct with occipital fiber-vertebral reflex neutralization (cont.)

• Cervical paraspinous-sacral contact

Once the thoracic or lumbar area is pain free, move your right hand to the corresponding sacral region (right hand 3). Rotate from medial to lateral at that level (S1), ¼ inch at a time, making 6 pressure contacts, identifying the most painful one. Hold that contact until the cervical paraspinous area (C3) is pain free.

• Sacral occipital fiber contact

If pain persists at the sacral area, maintain that contact with your right hand and contact the corresponding occipital fiber (#3) with your left hand until the sacral contact is pain free.



Occipital Fiber Chart	
Occipital Fibers	1 2 3 4 5 6 7 8 9 10 11 12
Thoracic Area	1 2 3 4 5 6 7 8 9 10 11 12
Lumbar Area	1 2 3 4 5 6 7 8 9 10 11 12
Cervical Area	1 2 3 4 5 6 7 8 9 10 11 12
Spinal Area	1 2 3 4 5 6 7 8 9 10 11 12

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T/S RING INDICATOR FINDINGS SUPINE – Visceral malfunction [View slide online](#)

- 1. Identify the area of concern (i.e., occipital fibers, thoracic, lumbar, sacral, cervical, spinal area, or spinal area).
- 2. Identify the area of concern (i.e., occipital fibers, thoracic, lumbar, sacral, cervical, spinal area, or spinal area).
- 3. Identify the area of concern (i.e., occipital fibers, thoracic, lumbar, sacral, cervical, spinal area, or spinal area).
- 4. Identify the area of concern (i.e., occipital fibers, thoracic, lumbar, sacral, cervical, spinal area, or spinal area).



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T/S RING INDICATOR FINDINGS SUPINE – Visceral malfunction
VERSUS CMTB

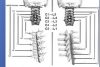
3. Adjust the thoracic or lumbar vertebra involved

Thoracic

If the indicator initially revealed a thoracic involvement (ex. T4), make a bilateral thorax contact at the corresponding thoracic area making a very light inward adjustment.
If that does not release the indicated thoracic segment (ex. T4), do an anterior thoracic correction at that level (ex. T4).

Lumbar

If the indicators had initially revealed a lumbar involvement, determine the specific subluxation pattern based on cervical indicators through the R + C palpation and correct it with any method you would like.



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T/S RING INDICATOR FINDINGS SUPINE – Visceral malfunction
VERSUS CMTB

4. Perform the 3-digit contact on CMTB corresponding area

The patient then goes supine, standing on the **right** side of the patient, you will make a 3-digit contact at the C.M.B.I. area for the organ corresponding to the previously determined indicators (ex. gallbladder, right C3-T4-S5).

- clockwise if done on the right side (energizes the organ)
- counterclockwise on the left (destresses the stressed organ)

When an organ begins to malfunction it loses its energy, this occurs on the right side



Recheck the patient's T/S ring supine and other previously positive indicator reflexes, if clear, you are done with CMTB (go to step 2)

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T/S RING INDICATOR FINDINGS SUPINE – Visceral malfunction
VERSUS CMTB

5. Correct the associated cervical anterior subluxation: Painless & effortless adjusting

The patient supine, palpate the tissue on the anterior body of the cervical vertebra at the indicated level and side looking for pain (ex. C3 right): the abnormal reflex coming from an organ malfunction is located on the anterior portion of the cervical vertebra

Holding the painful contact on the anterior cervical vertebral body (C3 right) with your thumb, slowly **passively** rotate and laterally flex the patient's head away to a position where the contact is pain-free

Hold that head position, pumping the painless anterior cervical vertebra tissue cephalad, for about 1 minute, releasing all tension at that level: anterior cervical vertebra adjusting

Then **passively** bring the head back to neutral and recheck your cervical reflex indicator that should be pain-free

Recheck the T/S ring supine and other previously positive indicator reflexes, if clear, you are done with CMTB (go to step 2)



"painless and effortless adjusting"



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T/S RING INDICATOR FINDINGS SUPINE – Visceral malfunction
VIDEO 1008

- 1. Determine if Pelvic Adjusting is required
- 2. Determine if Pelvic Adjusting is required
- 3. Determine if Pelvic Adjusting is required



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T/S RING INDICATOR FINDINGS SUPINE – Visceral malfunction
VIDEO 1009

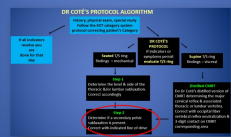
- 1. Determine if Pelvic Adjusting is required
- 2. Determine if Pelvic Adjusting is required
- 3. Determine if Pelvic Adjusting is required
- 4. Determine if Pelvic Adjusting is required
- 5. Determine if Pelvic Adjusting is required



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T/S RING INDICATOR FINDINGS SUPINE – Visceral malfunction
VIDEO 1010

- Determine if secondary Pelvic adjusting is required utilizing indicators:



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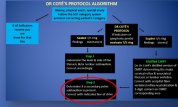
T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 1

Make a careful examination of the occipito-mastoid sutures bilaterally.

If you palpate pain or swelling, the ipsilateral S joint is still under stress and further corrections are needed to correct the secondary pelvic subluxation for:

- Ilium subluxation "in block" (C1)
- Sacrum subluxation (C2)



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T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 2

- **ILIUM** indicators (ipsilaterally swollen or painful upon palpation):

- lateral occipito-mastoid suture (temporal bone)
- 3P/4B

- **SACRUM** indicators (ipsilaterally swollen or painful upon palpation):

- medial occipito-mastoid suture (occipital bone)
- 4P/5B
- C2 spinous related ipsilaterally



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T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 3

- Determine the line of drive required to correct the secondary subluxation of the ilium "in block" or of the sacrum:

- The patient is prone and the practitioner stands on the side of involvement

- Contact the painful occipito-mastoid suture or 4B with one hand and the corresponding ipsilateral from P56 or Sacral 2-3 with the other

- **Ilium** lateral occipito-mastoid suture or 3P/4B → Ilium P56
- **Sacrum** medial occipito-mastoid suture or 4P/5B → Sacral 2-3



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T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 1

- For a right side ilium of **curvature** the practitioner stands on the right side
- The practitioner's right hand makes a finger contact on the painful occipito-mastoid suture (ex. medial for right sacrum) or rib (ex. 4th rib right) while his left hand contacts the Ilium PSD or sacrum (ex. right sacrum)
- The doctor then applies mild pressure cephalad, caudad, lateral and medial
- The direction that removes the corresponding occipito-mastoid or rib pain is the line of drive to be used to correct the ilium or sacrum subluxation



- If the indicated pressure of the PSD or sacrum does not completely control the indicator pain, vector your contact at a slightly different angle (anywhere between these 4 directions) until the suture or rib indicator is pain free (1,3)

Source: Video by Dr. Coté, D.C., M.D., D.P.M., D.C.P.M.

T/S RING INDICATOR FINDINGS SEATED – Musculoskeletal

VIDEO 2

- Correction of ilium or sacrum secondary subluxation:
 - It can be made with a side posture, drop, logan basics, sustained contact, or any other method you would like to use as long as it allows the correction to be in the determined line of drive and clears the indicators

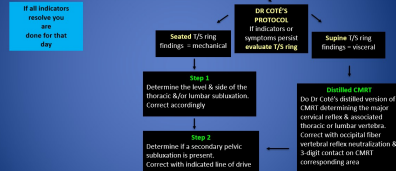


- Recheck your occipito-mastoid suture or rib indicator: If it is not pain free, go back and recheck your line of drive
- If the Indicator is negative, you are done treating this patient for that visit

Source: Video by Dr. Coté, D.C., M.D., D.P.M., D.C.P.M.

DR COTE'S PROTOCOL ALGORITHM

History, physical exam, special study
Follow the IOT category system
protocol correlating patient's category



Source: Video by Dr. Coté, D.C., M.D., D.P.M., D.C.P.M.

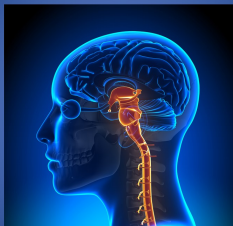
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