

# **Treatments**

## **Manual Physical Therapy**

# **MANUAL Physical THERAPY (MT) TECHNIQUES**

## **Soft Tissue Mobilizations & Instrument Assisted Soft Tissue Mobilization**

IASTM is a manual therapy treatment that sometimes utilizes specially designed stainless-steel instruments to help in finding and treating inflammation, soft tissue restriction, and adhesions. IASTM is a relatively gentle treatment and is especially effective for ligamentous injuries, as it helps organize better collagen fibrils in the healing tendon.

## **Joint Mobilization and Manipulation**

Joint Mobilization and Manipulation is a manual therapy intervention that addresses arthrokinematic joint motion through a skilled passive movement of the articular joint surfaces. If the movement is slow and within the physiological range of motions, this technique is called mobilization.

If the movement is applied at high speed and low amplitude, into the end of the range of motion, this is called a manipulation or grade 5 mobilizations. This technique is applied to stiffen synovial joints to restore the normal full range of motion and decreasing muscle pain and spasms.

## **Trigger Point Therapy**

The bodywork technique involves the application of a specific amount of pressure over short periods to tenderize muscle points known for causing pain in other areas of the body. This often relieves the pain and tenderness felt in the muscle itself as well as in associated areas of pain. Unfortunately, untreated trigger points can last forever.

## **Kinesio Taping**

Kinesio taping can benefit a variety of musculoskeletal and sports injuries. It is an application of a stretchy and adhesive tape, which often has a relaxing effect on muscles by decreasing pain, reducing swelling, and

offering support in developing a better, more stable posture or position. It works by affecting the body's proprioceptive system.

## **Muscle Energy Techniques, MET**

This is a form of manual therapy that uses the muscles' own energy in the form of gentle isometric contractions to relax and lengthen the muscle using the neurological concept of autogenic or reciprocal inhibition.

## **Proprioceptive Neuromuscular Facilitation Techniques**

PNF is a physical therapy treatment approach, which utilizes functionally based movement patterns with neuromuscular facilitation techniques. The purpose of PNF is to evoke a motor response and improve neuromuscular control and function. It helps with initiating and increasing range of motion, decreasing pain, and promoting stability all by facilitating proprioception.

## **Myofascial Release**

This is a gentle manual manipulative treatment of tissues that attempts to "release" tension in the fascia due to trauma, surgical procedures (especially plastic surgeries and liposuction), and inflammation or poor posture. Fascia is a type of a very thin, film-like connective tissue that surrounds every muscle, bone, nerve, blood vessel and organ in our body and is often described as a crystalline matrix. Points of restriction or adhesions can cause a great deal of pain and movement restriction, often causing chronic pain.

## **Advanced Myofascial Cupping**

Myofascial cupping may be based on the ancient cupping principles, but it has evolved to a totally different model now! It is definitely not your grandma's cupping. It has been popularized recently by mainstream media by Michael Phelps sporting his famous red circles on his back and shoulders, during the Olympics.

Myofascial cupping is literally a "3D" DECOMPRESSION treatment for "tight" tissues. In our modern times, this is achieved by using pneumatic suction in glass, acrylic or silicone cups placed on specific body parts, not just the back! While it can be slightly uncomfortable it is not really painful. Bruising is often limited and not required, and not given during treatment, when done by well trained and licensed professional.

Cupping works best for chronic conditions and when applied to slow healing passive connective tissues like tendons, ligaments, joint capsules, and bursas, as it aids in dispersing inflammation and edema while improving blood and lymphatic flow, and soothing pain perception.

Excellent for releasing "stuck" connective tissues, as in fascial adhesions, trigger points, joint capsule tightness, and nerve entrapment syndromes. While most manual/massage techniques are based on COMPRESSION, advanced myofascial cupping is the only tool offering 3D DECOMPRESSION, using negative pressure and then combining it with specific and strategic movements, to further enhance its effect. This frees fascia, muscles, tendons, ligaments, and nerves to slide, glide and move better, ultimately leading to less pain, a better range of motion and flexibility.

Myofascial cupping should be immediately followed by what we call "neuromuscular re-education," so our brain and body can fully register and use this new unrestricted range of motion and tissue mobility.

## **McKenzie Based Techniques**

McKenzie approach is mechanical diagnosis and therapy (MDT) system, which uses a directional pain-reducing movement-based system for treating pain in the back, neck, and extremities. MDT uses elements of manual therapy for either shift correction or the application of overpressure to certain critical movements. This approach emphasizes patient empowerment and self-treatment.

## **Dynamic Pin and Stretch Techniques**

This is a movement-based muscle lengthening technique for all sorts of musculoskeletal pain. Tight tissues are treated with stretching and sliding force, intended to improve tissue movement and freeing any adhesions. This technique requires patient participation to be effective.

## **Blood Flow Restriction Therapy**

Blood Flow Restriction Therapy (BFRT) is a form of enhancing and speeding up muscle growth and strength via the application of external pressure in the form of the tourniquet over the extremities, be it arm or leg, usually while performing rehabilitative exercises.

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