

Rehabilitation & Injury

Manual Therapy



Manual physical therapy encompasses hands-on techniques used to decrease pain and improve range-of-motion and flexibility of stiff joints and muscles in the body, including manipulation, mobilization, soft tissue techniques, and muscle stretching. Manipulation and mobilization are essential areas of manual therapy as they restore the power of movement to joints and muscles.

Manual physical therapy is based on careful examination of the patient's movement patterns, including range of motion and the subsequent overcompensation that can prevent healing. Research has shown that the most effective physical therapy treatments involve a combination of customized manual therapy interventions combined with targeted exercise.