

Manual Therapy

Hands On Treatment

Recover.
Recharge.
Rise[®]

Manual Therapy Can Help With:

- Neck Pain
- Low Back Pain
- Thoracic Spine/Mid-back Pain
- Headaches
- TMJ Dysfunction
- Hip Pain
- Knee Pain
- Ankle Pain
- Shoulder Pain
- Fibromyalgia

The term manual therapy refers to a hands-on treatment of muscles, tendons, ligaments, and joints as opposed to using a device or machine. In manual therapy, therapists use their hands on muscles and joints to decrease pain caused by muscle spasm, muscle tension, and joint dysfunction.

Manual Physical Therapists focus on specific motions that take place between joint surfaces that allow for normal joint activity. For example: Why can't this patient bend the knee? What specific joint movements or soft tissue restrictions are present that are limiting motion?

Manual Physical Therapists use specific hand placements along with precise application of forces to restore normal movement of joints and soft tissues. We utilize a variety of hands-on techniques such as Active Release Techniques (ART), Myofascial release (MFR), Acupressure, instrumented assisted soft tissue mobilization (ASTYM), and various forms of joint mobilization. Evaluation findings and patient values will guide the techniques utilized to restore normal movement and function.

Manual Therapy Techniques aim to:

- ✘ Increase Function
- ✘ Increase Mobility
- ✘ Increase Range of Motion

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