

Manual Therapy

Manual therapy refers to the clinical approach the physical therapist implements with a hands-on approach. This kind of therapy includes but is not limited to joint mobilizations and manipulations. The physical therapist uses this to help treat and diagnose joint structures and soft tissue injuries. Manual therapy treatments are used for the purpose of eliminating or reducing soft tissue inflammation, for the purpose of modulating pain, facilitating movement, inducing relaxation, improving function, improving non-contractile and contractile tissue repair and increasing overall range of motion.