

# Total Health Manual Therapy

Founded 1978 by Joe Fox, Manual Therapy Master Practitioner



**Manual therapy techniques** involve skilled **hand** movements and skilled active/passive movements of joints and soft tissue and are intended to improve tissue extensibility; increase range of motion; induce **relaxation**; mobilize or manipulate soft tissue and joints; modulate pain; and reduce soft tissue swelling and inflammation. The following techniques are **considered** to be **Manual Therapy** techniques: Soft Tissue Manipulation, **Stretching**. Joint Mobilization

**Therapists** who are trained **in the** techniques of **manual therapy** can use their hands to isolate the specific tissue or joint that is causing the patient's symptoms. The hands provide information that no other assessment tool can replicate. Other assessment skills include the therapist's senses of observation, palpation, and proprioception, tissue density/elasticity, joint freeze/runaway, client gestures/gesticulations, client coloration/blood flow/pulses, client nature (rigid/frozen, at work, at ease), client sensitivity/responsiveness (deep, light, or moving touch), posture/gait/movement analysis, family mimicry, known/unknown pre-existing conditions

**Types of Soft Tissue Mobilization/Manipulation** - Joint **mobilization** is a **technique** therapists use to restore the small, involuntary movements that assist joints to perform to their optimum. Joint **mobilization** involves performing a deliberate or subtle oscillation of the joint's range of motion in order to restore motion; the Therapist is looking to identify places in the range of motion that interfere with smooth motion. **Manipulation** uses targeted touch within the muscles or at the joint in order to get the body and mind to allow freedom of movement, quite simply to get the patient to "let go". Manipulative Touch may include:

- Strain – Counterstrain/ Isometric Movement
- Manual traction.
- **Trigger Point Therapy** / Myofascial Release / Manual Lymphatic Drainage (MLD).
- Brain-Body Integration
- Cross **friction**.

**Manual Therapy** is an extremely effective therapeutic method in the management of patients with pain and musculoskeletal disorders. Pain as a cause of limited Range Of Motion and Mobility, and vice-versa, limiting Strength. Manual Therapy techniques targeting joint or extra-articular soft tissue can be very effective in relieving pain, stiffness, and inflexibility and improving ROM in individuals with musculoskeletal disorders, both in the spine and in the limbs.

**Wholistic considerations** – Healthy lifestyle, Exercise/stretching, diet, water, common excesses (alcohol, caffeine, sugar, processed foods), complementary therapies (chiro, acupuncture, PT, medical), family health history, current family/work circumstances, work/driving ergonomics, hobbies-entertainment-sports

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