



## What is Integrative Manual Therapy?

### **Integrated Manual Therapy (IMT)**

Integrated Manual Therapy is a functional and structural approach to rehabilitation that works with all of the systems of the body, guiding the homeostasis of the body to a superior level. IMT is a new age method using techniques developed by Dr. Sharon Weiselfish-Giammatteo that addresses your body as a whole to treat pain, dysfunction and disabilities that are preventing your body's own wisdom from successfully healing itself. This type of therapeutic approach is different than traditional therapies that focus on managing symptoms.

IMT is a non-aggressive method of manual therapy that works to decrease myofascial restrictions and spasm, correct joint biomechanics of the skeletal system and improve the function of the muscular, nervous, arterial, venous, lymphatic and energetic systems.

### **Structural and Functional Rehabilitation**

IMT addresses rehabilitation in two categories: Structural and Functional.

Structural Rehabilitation improves structural integrity of the body. It addresses joint mobility, muscle tone, soft tissue flexibility, range of motion, muscle control and more. It corrects the patho-anatomy in biomechanics of the spine and appendages, muscles, connective tissue system, organs, nervous system, blood vessels, lymphatic system and energetic structures.

Functional Rehabilitation restores functional outcomes according to the optimal potential of the client. It addresses balance, coordination, proprioception (internal joint sensation), exteroception (sensory capability), strength, endurance, hearing, vision, speech, smell, learning, behavior and more.

## **How it Works**

One of the body's most amazing attributes is its ability and propensity to heal itself. Most health problems, whether acute or chronic, simply come down to blockages and other dysfunctions that prevent various aspects of the body from full recovery and optimal healing. These might be dysfunctions that we are born with or are caused by an accident, injury, or acute/repetitive trauma. Also, the body's immune and filtering systems can get so overloaded by an environmentally-challenged world and emotional stresses that they can no longer process the build-up of toxins effectively and efficiently. These are just a few of the more common examples.

The fundamental premise of IMT is locating the causes of the dysfunction and reestablishing the body's natural structural and physiologic function. Once these inherent functions are reestablished, the body's innate healing abilities also return to an optimal level. This non-invasive philosophy of Integrative Manual Therapy is a true embodiment of the medical oath of "First do no harm."

While IMT is a hands-on technique, it is distinctly different from other modalities such as massage or traditional physical therapy. Patients remain fully clothed. The treatment process is powerful, yet subtle and non-aggressive.

## **Integrative Diagnostics**

As its name denotes, IMT is about placement of the hands based on a thorough understanding of anatomy, physiology, pathology and utilizing different palpation skills for assessment of the primary dysfunction. Each structure of the body has its own unique circadian rhythm. An example of one of these rhythms is feeling for your pulse. This soft tissue exam will determine areas that require attention. The diagnostic assessment looks at various tissues in the body such as muscles, arteries, veins, lymph vessels, connective tissue, organs, and bone. Integrative diagnostics structurally breaks down the chain of command for dysfunction. The body's story will begin to reveal itself by exposing the dysfunctional tissues that are creating the localized pain. In some cases, the localized pain is the primary problem. In other cases, it may be an area of protection or compensation for other dysfunctional structures.

## **Treatment**

The techniques IMT offers will help aid in tissue and assist healing on a cellular level. Treatment occurs on a physiological, anatomical, nutritional, and psychological level. IMT addresses these areas by breaking them down into three groups; 1) patho-anatomy which helps improve the integrity of arteries, veins, ligaments, bone, discs and other tissues; 2) patho-physiology which is broken down into a) physical functional medicine (PFM) and b) nutritional wellness. Education on nutritional wellness will help improve the physiology of the body. 3) psychotherapeutic approach (IDAP) which involves IMT techniques to decrease emotional stress. Goals are to attain homeostasis or strengthening the natural circadian rhythms of the structures of the body.

### General Information

Integrative manual therapists do not say they heal or get rid of certain disorders. However, we do help these people achieve their goals so they may return to a healthier lifestyle. In many cases, IMT has helped prevent surgery or speed up a person's recuperation from it. It is important for our clients to achieve optimal health. In order for this to happen IMT practitioners believe it is the client's responsibility for his or her health care process. We seek to work with other health care practitioners to obtain the best answers for each client.

### Diagnoses That Can Benefit From Manual Therapy

The following is a list of some diagnoses that have been helped by manual therapy:

ACL reconstruction	ADHD	Adhesive Capsulitis	Ankle Sprains
Asthma	Autism	Carpal Tunnel	Coordination Disorder
Degenerative Joint/Disc Disease	DeQuervains Tenosynovitis	Down's Syndrome	Fibromyalgia
Fractures	Headaches	Herniated Discs	Irritable Bowel Syndrome
Iliotibial Band Syndrome	Knee Pain	Low Back Pain	Migraine Headaches
Multiple Sclerosis	Neck Pain	Neuromuscular Dysfunction	Parkinson's Disease
Patellofemoral dysfunction	Pinched Nerves	Plantar Fasciitis	Reflux Sympathetic Dystrophy (RSD)
Rotator Cuff Problems	Sciatica	Shoulder Impingement	Spinal Stenosis
Tendonitis	Tennis Elbow	Thoracic Outlet Syndrome	TMJ Dysfunction
Torticollis	Vertigo	Men's & Women's Health	Whiplash

### Examples

The following examples show how the diagnostics and treatment of IMT work.

### **Attention Deficit Disorder (ADD)**

A child who has trouble concentrating would be assessed using the techniques outlined in the “Diagnosis” section. If the IMT practitioner found positive diagnostics on the frontal lobe of the head, the child has ADD. The frontal lobe is responsible for intelligence, concentration, judgment, perception and attention. If however, the diagnostics are not positive on the frontal lobe, the practitioner would investigate other areas. It might be the case that the child has vision difficulties. The occipital lobe (responsible for vision) located in the back of the head would be tested. Occasionally, the ears are the problem. And so on.

### **Shoulder Pain**

An IMT practitioner would assess shoulder pain by first finding the source of the pain. This could be local (at the shoulder), regional (neck and arm, for example), systemic (inflammation of all joints, immune system breakdown), or total body (infection in the circulatory system). If the practitioner did not find any evidence of tissue dysfunction at the shoulder, s/he might investigate the 5th vertebral body of the cervical spine. This area of the spine provides nerve innervation to the tissues and structures of the shoulder girdle region.

### **Low Back Pain**

A more complex situation might be low back pain that is not responding to treatment. In this case, the IMT practitioner would look at the organs which sit in the low back area. The sigmoid colon (the end of the colon), for example, might exhibit dysfunction due to a gastrointestinal problem. Or it might have lost its integrity, resulting in a ‘leaky gut’ situation. If the client has food allergies, the IMT practitioner would investigate the cecum and ileocecal valve (the beginning of the colon) which are often associated with low back pain. The practitioner might look at the L5 disc as well. The L5 disc has multiple types of cells and fibers. IMT has developed specific techniques for addressing problems in these fibers. And, when used in combination with bone, joint, and nerve tension techniques, they can resolve the low back pain completely.

### **Hip Pain**

Pain in the right hip may be exhibited by a protective muscle spasm of the muscles of the right pelvis (such as the iliacus and psoas), fascial dysfunction in the specialized gluteal fascia of the buttocks, a spasm in the arteries of the right pelvic bowl, and constrictions of the veins in the right pelvic bowl. Nerve tension might also be present. All of these examples might be present secondary to a ‘bone bruise’ on the right ilium. When there is a bone bruise, typically the body will create muscle spasm, arterial spasm, and other tissue reactions to limit motion in the area so that the bone bruise is protected. The IMT practitioner can access that bone bruise, use ‘The Bone Bruise Technique’ (developed by IMT) and eliminate all the secondary protective modes.

For more information go to [www.oppt.com](http://www.oppt.com) or [Center IMT](#).