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This course utilizes the textbook
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Thomas Giammatteo, D.C., P.T.
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Integrative manual therapy (IMT) is a form of bodywork employed to diagnose and treat dysfunction of the body's various systems and restore whole health. As the name implies, it

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is an integrative therapy model based on the concept that these systems are interdependent and related.

What is Integrative Manual Therapy?
(with pictures)

Integrative Manual Therapy (IMT) is a long-awaited and proven technique

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which enhances traditional physical therapy by integrating one's entire system – mind, body & soul – to foster complete healing at the cellular level. While traditional physical therapy focuses solely on the muscles, bones and joints, IMT looks at all systems of the physical body

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(cardiovascular, musculoskeletal, lymphatic, gastrointestinal, neural and craniosacral), along with psychosocial, emotional and belief ...

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Integrative Manual Therapy is unique in that it has techniques to address

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first of its kind: a text for systematic

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innervated by the automatic nervous system. Muscle spasms induced by stress, visceral and circulatory problems and central nervous system dysfunctions can be alleviated.

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Stretching. Apart from before running, stretching does not appear to reduce risk of injury during exercise. Some...

Taping. Manual therapy practitioners

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often use ... Muscle Energy For

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Manual therapy - Wikipedia

In the physical therapy field, manual

therapy utilizes skilled, hands-on

techniques, including but not limited

to manipulation/mobilization to

diagnose and treat soft tissue and

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joints to reduce pain, increase range of motion, decrease myofascial restrictions to improve muscle length, decrease swelling or inflammation, assist the body in muscle or soft tissue repair, extensibility and/or stability, and facilitate movement to improve function.

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