

Services

Manual Therapy

MANUAL THERAPY IN HAMILTON

Many ask the same questions about “manual therapy.” What is it? What is it good for? Why don’t all physiotherapists do it? Here are some answers to these frequently asked questions.

Manual therapy by a physiotherapist uses skilled, hands-on techniques, like manipulation and mobilization. The physiotherapist uses these techniques to diagnose and treat your soft tissues and joints to:

- reduce pain
- increase your range of motion
- decrease any myofascial restrictions,
- decrease swelling
- reduce inflammation
- assist your body to repair your muscles or soft tissues
- improve extensibility and stability
- facilitate movement
- improve function

FCAMPT Certification

Innova Physio & Sports Rehab is especially pleased to offer the Standard for Exceptional Care with our Fellows of the Canadian Academy of Manipulative Physiotherapy (FCAMPT) certified physiotherapist. Our extraordinarily skilled therapist has completed additional post-graduate education in internationally-recognized hands-on physiotherapy techniques.

You receive accurately focused FCAMPT Certified physiotherapy treatments to speed up your recovery.

Physiotherapy Manual Therapy Techniques

There are many manual therapy techniques that your physiotherapist uses. The combination they use for you is specific to your condition and how your body responds.

- Soft tissue techniques
- Massage
- Soft tissue mobilization
- Joint mobilization
- Scar mobilization
- Functional mobilization
- Myofascial release
- Neural mobilization
- Nerve flossing
- Strain counter-strain
- Active Release Technique (ART)
- Joint manipulation/thrust
- Muscle energy techniques

- Traction

With manual therapy in a physiotherapy setting, scars can become pain-free, soft tissue restrictions just melt away, and joint motion rapidly improves. Physiotherapists help reduce edema, control lymphedema, and reduce pain with manual therapy.

What type of injuries does manual therapy help?

This a partial list:

- Fibromyalgia
- Neck Pain
- Low Back Pain:
- Thoracic spine/Mid-back Pain
- Headaches and migraines
- TMJ Dysfunction
- Hip Pain
- Knee Pain
- Ankle Pain
- Shoulder Pain

Manual therapy at **Innova Physiotherapy Clinic** is the core piece of your combined treatments. Manual therapy allows you to overcome your injury faster and reach a higher level of healing, reducing the possibility of reinjury.

This is why patients rave about their treatments at **Innova Physiotherapy in Hamilton**. We do things differently here. We combine the best of hands-on, manual therapy techniques with other functional strength and stability exercises critical to reducing pain and restoring your body to healthy, efficient movement patterns. Every physiotherapist here is skilled and knowledgeable, so every patient receives extraordinary care from people who genuinely care. Experience the difference that manual therapy with a hands-on approach to physiotherapy makes at **Innova Physiotherapy Clinic in Hamilton**.