

## **Realize the difference...the benefits of manual therapy.**

**Manual Therapy** is a system of hands on evaluation and treatment of the musculoskeletal system. Manual therapy techniques are often very effective for improving mobility and decreasing pain. When movement and exercise are painful you may need the skilled hands of a manual orthopedic physical therapist. Not all physical therapists are "manual therapists". Listed below are some of the manual therapy techniques that our therapists use:

- Joint mobilization (spine, ribs, pelvic girdle, extremities)
- Soft tissue mobilization
- Myofascial release
- Muscle energy techniques
- Strain counterstrain (positional release)
- Manual functional reaction
- Neural mobilization

The timely application of appropriate manual therapy techniques can often accelerate your recovery and get you moving and exercising comfortably much quicker than exercise alone.

At Pullman Sports Physical Therapy our comprehensive biomechanical approach combines manual therapy techniques with neuromuscular reeducation, therapeutic exercise and cutting edge functional rehabilitation training. It takes more time, energy and effort on our part but the results are worth it.

*There is a difference in physical therapy programs. Realize the difference...at Pullman Sports Physical Therapy.*