



# WHAT IS MANUAL THERAPY?

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# Manual Therapy

- Manual therapy, manipulative therapy, or manual & manipulative therapy encompasses the treatment of health ailments of various etiologies through passive movement techniques
- Skilful handling with the hands to give a therapeutic effect
- To work with one's hands

# Manual Therapy

- This type of therapy includes care from physical therapists, chiropractors, osteopaths and other rehabilitation team members.
- Chiropractors defined manual therapy as "Procedures by which the hands directly contact the body to treat the articulations and/or soft tissues."

# Manual Therapy

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- **Manual therapy** may be defined differently (according to the profession describing it for legal purposes) to state what is permitted within a practitioners scope of practice.

# Manual Therapy

- Within the physical therapy profession, **manual therapy** is defined as
- “a clinical approach utilizing skilled, specific hands-on techniques, including but not limited to manipulation/mobilization, used by the physical therapist to diagnose and treat soft tissues and joint structures for the purpose of modulating pain; increasing range of motion (ROM); reducing or eliminating soft tissue inflammation; inducing relaxation; improving contractile and non-contractile tissue repair, extensibility, and/or stability; facilitating movement; and improving function.

# Manual Therapy

## □ **PT Guide to Practice:**

Mobilization/Manipulation “A manual therapy technique comprised of a continuum of skilled passive movements to joints and/or related soft tissues that are applied at varying speeds and amplitudes, including a small amplitude/high velocity therapeutic movement”

# Uses

- Manual therapy uses hands-on techniques to improve
- ROM in restricted joints.

It is also used to stimulate the function of

- muscles,
- nerves,
- joints,
- ligaments.



# IFOMT definition of OMT

- Orthopaedic Manual Therapy is a specialized area of physiotherapy / physical therapy for the management of neuro-musculo-skeletal conditions, based on clinical reasoning, using highly specific treatment approaches including manual techniques and therapeutic exercises.
- Orthopaedic Manual Therapy also encompasses, and is driven by, the available scientific and clinical evidence and the biopsychosocial framework of each individual patient.

# Manual Therapy

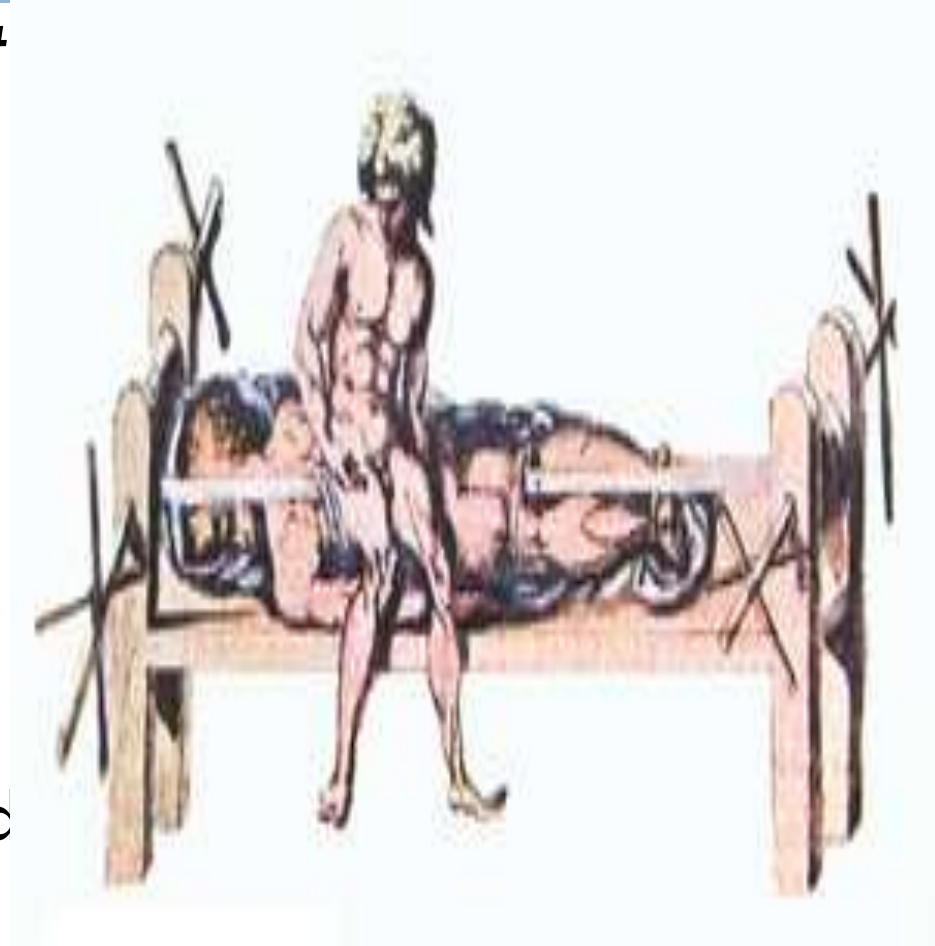
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- So, should Manual Therapy be restricted to one profession?
- Let's look at how Manual Therapy came to be

# History of Manipulation

- Orthopedic manual therapy is not a twentieth century invention.
- It has roots in ancient medical traditions cited by Hippocrates (460-377 B.C.) in his *Corpus Hippocrateum* and sources in the years to follow.
- In recent years, orthopedic medicine has become known as "manual medicine" or "musculoskeletal medicine."

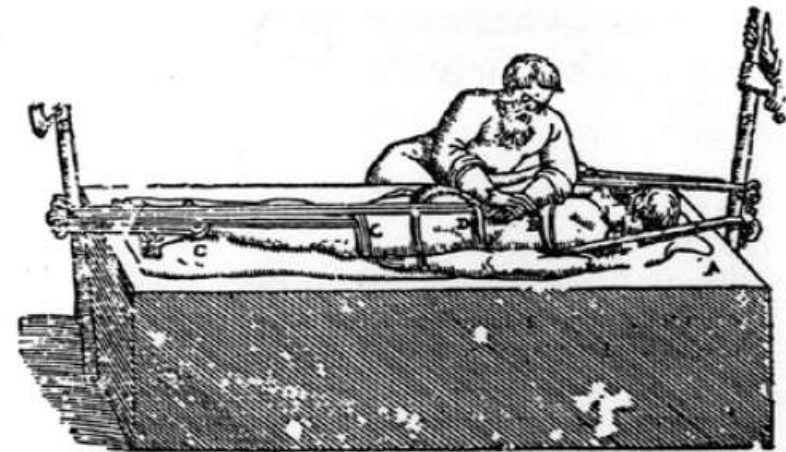
- *Manipulation Past and Present* by Eiler H. and James Cyriax contains a detailed history of manual therapy. The chapter on "Ancient Medicine" includes pictures recording various types of spinal mobilization and traction, treatments attributed to Hippocrates.



# History of Manipulation

These ancient drawings show a combination of traction and ventral pressure of the lumbar spine.

**In some**, a person stands on a patient's back, performing a kind of "pedi-pulation" of the sort still practiced today, for example in Japanese baths.



# History of Manipulation



**Stamping**



# History of Manipulation

- **Hippocrates, Father of Medicine**
  - ▣ 460-355 B.C.
  - ▣ Wrote “On Setting Joints by Leverage”
  - ▣ Spinal Traction
  - ▣ Reduction of dislocated shoulders
  
- Hippocrates influence was still evident in 200 AD when Galen described a method of ***manipulation for dislocated discs while the patient was in traction.***

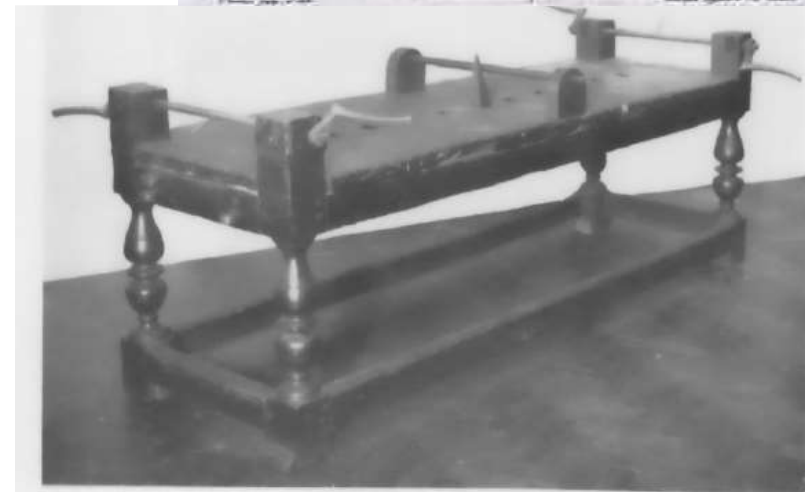


Fig. 2. A medieval traction couch as used by Hippocrates and illustrated in Guidi's *Chirurgia* (1544), discovered in 1923 near Urbino, Italy, and now in the Wellcome Historical Museum. (By courtesy of the trustees of the Wellcome Historical Museum)

# History of Manipulation

- The physician Galen (Claudius Galenos, 131-202 A.D.) may be the source of our concept. His is the first recorded method of manual therapy: **the practitioner's use of their hands for spinal treatment.**
- Avicenna (also known as the doctor of doctors) from Baghdad (980–1037 CE) included descriptions of Hippocrates' techniques in his medical text *The Book of Healing*
- In 1580 Pare, the famous French military surgeon who served four successive kings of France, advised the use of **manipulation in the treatment of spinal curvature**



# History of Manipulation

## Bone Setters

- Friar Thomas
  - ▣ published, “The Complete Bone-Setter”, 1656
- Bone setting flourished in Europe during the period of 1600-early 1900’s
  - ▣ No formal training
  - ▣ Techniques passed down within families
  - ▣ Clicking sounds thought to be due to moving bones back into place



# History of Manipulation

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- James Paget, one of the most famous surgeons of the 19<sup>th</sup> century, suggested that doctors would do well to observe bonesetters and learn from them what is good and avoid what is bad

# History of Manipulation

## □ Wharton Hood

- 1871, “On Bone-setting”
  - first such book by an orthodox medical practitioner
  - Hood thought snapping sound was due to breaking adhesions
  - PT evolved from Medicine
  - Precedes Osteopathy and Chiropractic
- In 1887, PTs were given official registration by Sweden's National Board of Health and Welfare
- 1894 Chartered Society of Physiotherapy founded in England



# History of Manipulation

## Osteopathy

- Andrew Still founded Osteopathy in 1874
  - ▣ 1892 founded the first school of Osteopathy in Kirksville, Missouri
  - ▣ “Rule of the Artery”-Manipulate the spine to restore blood flow and restore body's innate healing ability
  - ▣ Osteopaths currently licensed to practice medicine in all states

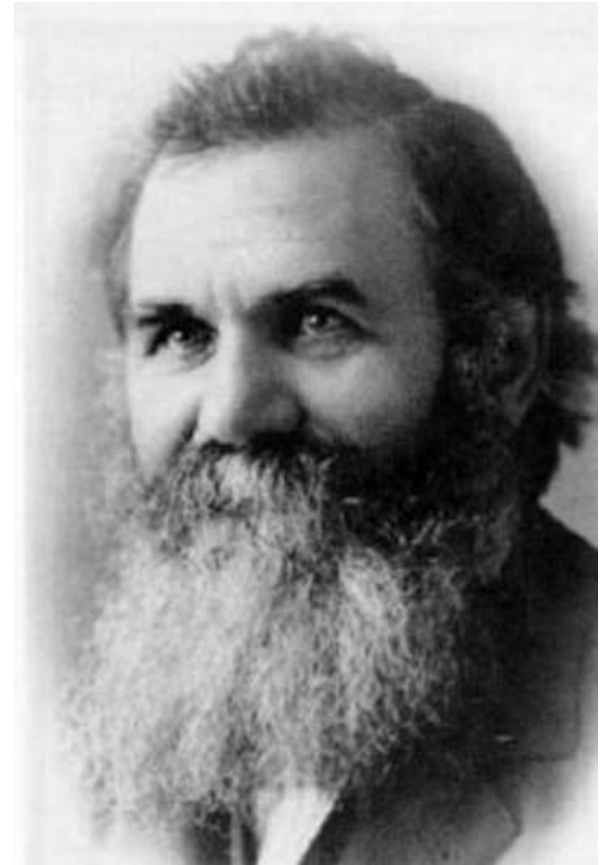


*A. J. Still.*

# History of Manipulation

## Chiropractic Founded 1895

- *“Chiropractors do not manipulate; they do not use the process of manipulating; they adjust.”*
- D. D. Palmer (1845 -1913), founder of Chiropractic. "The Chiropractor's Adjuster," 1910.



# History of Manipulation

## History of Chiropractic

- DD Palmer applied an “adjustment” to Harvey Lillard in September 1895 to the T4 vertebra that resulted in restoration of lost hearing
- Concept of “subluxation” as a causal factor in disease and the revelation that adjustments can restore the body’s innate healing abilities
- Palmer School of Chiropractic founded in 1897 in Davenport, Iowa

# History of Manipulation

## Chiropractic Philosophy

- **'Adjustment'** means the forceful movement of joints or tissue to restore joint function, in whole or part, to increase circulation, to increase motion, or to reduce interosseous disrelation.

# History of Manipulation

## **Chiropractic Philosophy**

- Belief in body's innate ability to heal itself
- Presence of a “subtle” energy within the organism
- “The Law of the Nerve”
  - ▣ Adjust spinal “subluxations” to restore nerve flow and facilitate the body's innate healing ability



# History of Manipulation

## Chiropractic Philosophy

- 1904, BJ Palmer (1881-1961) gained operational control of the School and continued until 1961
- BJ is considered the “Developer” of chiropractic and defender of “straight” chiropractic
- “Straights” adhere to original philosophy
- “Mixers” incorporate other modalities



# History of Manipulation

- Chiropractors claim to be the first professionals to develop manipulation
- Chiropractors have a 110+ year history of practicing and protecting their right to manipulate

# Physical Therapy

- PT treatment approach based on information and experience from
  - Ancient and folk medicine
  - Traditional PT
  - Sports medicine
  - Osteopathy
  - Orthopedic medicine
  - Innovations of therapists who have practiced manual therapy techniques