

Integrative Manual Therapy (IMT)

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What Is IMT?

“Integrative Manual Therapy (IMT) is a unique compilation of diagnostic and treatment methodologies that assess and treat pain, dysfunction, disease and disability”.

- Developed by **Sharon Giammatteo, Ph.D., I.M.T., P.T.**

Special Features

- For complex patients
- identify and address the underlying causes of dysfunction
- diagnostics and treatment modalities are predominately hands-on
- IMT also integrates a wide range of diagnostic and treatment technologies, nutritional programs psychotherapeutic approaches to develop a customized solution for an individual patient's needs.

- based on the premise that the body has the potential to self-correct or heal itself under the right circumstances
- Tissue repair at the cellular level is a normal process that occurs within the body
- **For Example**
 - the healing of a **cut or wound** on the skin, or
 - **broken bone** that heals itself once it has been immobilized, are two examples of this mechanism at work.

- Pain and dysfunction, on the other hand, are an indication that there is too much cell or tissue dysfunction for the body to restore health on its own.
- Under these circumstances, in order to improve the body's self-correction mechanisms, intervention is required.

- Integrative Manual Therapy is a powerful technology that yields profound results in returning the human body to optimal health.
- With nearly two decades of successful case studies, this unique science brings deep, long-lasting results to the challenges of
 - habilitation,
 - rehabilitation
 - and illness
- ❖ Integrative Manual Therapy is health-care technology for the 21st century.

- When one thinks of advances in medical technology, the first images that leap to mind are often of cold, expensive machines or billion-dollar research under the microscope.
- While such models certainly have their place, they can often be enhanced or even obviated by Integrated Manual Therapy.
- This totally non-invasive, medication-free modality uses the most basic of tools
 - ✓ human hands
- to support the body's innate wisdom to heal itself.

- It should actually come as no surprise that one of the most advanced technologies for achieving optimal health is organic in nature.
- After all, the human body itself is an amazing technology infinitely more advanced than the computer, television, cell phone and other pinnacles of modern science put together.

- One of the body's most amazing attributes is its ability and propensity to heal itself.
(Witness the healing of a simple cut.)
- Most health problems "whether minor or chronic" simply come down to blockages and other dysfunction that prevent various aspects of the body from self-healing.
- Also, the body's immune and filtering systems can get so overloaded by an environmentally-challenged world that they can no longer process the build-up of toxins.
- These are just a few of the more common examples.

- The fundamental premise of Integrative Manual Therapy is locating the
 - causes of these dysfunction
 - reopening the body's natural lines of communication.
- Once this inherent flow is reestablished, the body's innate healing abilities also return to optimum.
- ❖ **This non-invasive philosophy of Integrative Manual Therapy is a true embodiment of the medical oath of "First do no harm".**

Just as with all other aspects of IMT,

- the assessment is integrative, taking into account the multiple, complex systems of the entire human body. While some diagnoses result in local treatment,
- the integrative approach allows for the possibility that what seems to be a local problem to the client and to other medical professionals is in fact a larger regional and/or systems challenge.
- Dr. Giammatteo developed these diagnostic techniques over the past 30 years.
- IMT's diagnostic tools include assessments for various tissues in the body such as muscles, connective tissue, arteries, veins, bones and more.

Integrative Diagnostics

Our Integrative Diagnostics process employs an intimate knowledge of

- anatomy,
- physiology,
- pathology
- other human functionality
- Our practitioners are trained to look beyond the overt manifestation to find the true origins of a given client's health issues.

- We begin working with a client in a subjective interview where we learn about the individual's history, functionality, symptoms and goals.
- During this process, clients naturally tend to speak of previous conventional diagnoses and common disease "labels".
- Two clients may exhibit similar symptoms or classic diagnoses, yet those attributes may emanate from two completely different sources.
- Integrative Diagnostics is designed to reveal the root of each individual's health challenges.

- Integrative Manual Therapy practitioners utilize advanced, yet gentle palpation techniques to “listen” with their hands to all of these rhythms.
- In doing so, they determine whether each system is in optimum flow or suffers anomalies and impediments.

Treatment

IMT techniques facilitate healing on a cellular level and encourage tissue repair.

- As with the diagnostics, the treatment approach is integrated and includes many systems of the body including
 - anatomical,
 - physiological,
 - nutritional,
 - and psychological

Some of the anatomical systems that most often require intervention are

- bone,
- muscle,
- circulation,
- nervous tissue,
- the gastrointestinal tract,
- the urogenital system
- brain,
- and cardiovascular.

IMT often addresses physiological systems of

- hormones,
- sleep cycles,
- metabolism,
- and the way clients handle stress.
- IMT treatment of the body can be broken down into three components:
 - treatment of anatomical problems (**patho-anatomy**),
 - treatment of physiological problems (**patho-physiology**), and
 - treatment of psychological problems. (**psychotherapeutic**)

Most clients' treatment plans involve all of these.

Treatment of Patho-Anatomy

IMT's patho-anatomical treatment addresses the body's structure, improving the integrity of

- bones,
- ligaments,
- discs,
- nerves,
- arteries,
- veins,
- Some of these techniques involve positioning a person's body in a specific way.
- Others entail specific hand placements on the body.
- Patho-anatomical treatment improves the mobility of all these tissues.
- ✓ As a result, patients experience better movement, less pain, improved circulation, and better health.

Treatment of Patho-Physiology

Our patho-physiological treatment has two major components:

- Physical Functional Medicine
- Nutritional Wellness.

IMT practitioners implement Physical Functional Medicine (PFM) by seeking out

- 'recovery motilities', or biologic rhythms in the body that reflect breakdowns in the body's health,
- ✓ much like smoke indicates the presence of a fire.

These unhealthy rhythms develop as

- protective mechanisms in response to an injury, infection, or other problem.
- While the body also has healthy rhythms, the aberrant, compromised rhythms can endure for many years.
- ❖ IMT practitioners are familiar with numerous recovery motilities.

- Recovery motilities can be located locally, regionally, systemically and/or totally throughout the body.
- IMT practitioners use treatment techniques to eliminate these protective recovery motilities,
 - then address the initial cause of the pain, dysfunction, disability or disease.
 - ❖ Their goal is to help the body achieve homeostasis, or stability, of these rhythms.

Nutritional Wellness

The Nutritional Wellness component of IMT for patho-physiology encompasses diet and supplements.

- Diet is not necessarily about calories, restrictions, or intake of certain foods, although it can be.
- For the IMT practitioner, diet is a tool for healing. During specialized 'Intensive' therapy weeks,
- the IMT practitioner works with IMT nutritional specialists to recommend dietary changes only to prevent further harm to the body's homeostasis and physiology.

- Nutritional supplements play an integral role in treatment of patho-physiology as well.
- When recommending supplements for healing, nutritional specialists consider
 - how supplements may interact with medications,
 - how they interact with each other, and what the right amounts are.

Psychotherapeutic Approach

Our psychotherapeutic approach involves a process called 'Integrative Diagnostics for Applied Psychosynthesis' (IDAP)

- performed by IMT practitioners.
- IDAP is a unique process that involves
 - gentle dialogue,
 - visualization,
 - and specific IMT techniques to decrease emotional stress in the body.

Who are IMT Practitioners

- Dr. Sharon W. Giammatteo founded Integrative Manual Therapy and has trained hundreds of practitioners.
 - Many of them practice IMT as a specialization, and integrate IMT into their regular health care practice.
 - IMT therapists, on the other hand, practice IMT in dozens of settings.

Many of them specialize in certain systems such as

- neurology,
- spinal cord rehabilitation
- neurodegenerative disorders, etc.

Examples

- Attention Deficit Disorder (ADD)
- Shoulder Pain
- Low Back Pain
- Hip Pain