

What is Orthopaedic Manual Therapy? Here's How it Can Help You

Many people will experience pain or discomfort in their musculoskeletal system in their lifetime. These usually occur in the form of aches and pain in the bones, muscles, tendons, or ligaments as a result of post-surgery effects, injuries, and chronic conditions.

[REDACTED] offers the best quality Orthopaedic Manual Therapy for those dealing with such pain. We're a pain therapy clinic [REDACTED] with a team of experienced physiotherapists. We offer a variety of proven treatments for many existing ailments and conditions for a diverse group of patients.

Let's go over the process of Orthopaedic Manual Therapy and its benefits and how we can help you out.

What is Orthopaedic Manual Therapy?

Orthopaedic Manual Therapy manages the physical musculoskeletal conditions by using specific treatment approaches such as gentle, hands-on techniques, and specialized therapeutic exercises.

This type of physiotherapy is used to assess and treat pain, stiffness, and restrictive movement as a result of musculoskeletal injuries or conditions. The variety of hands-on techniques work on the body's spine, arms, and legs and are always performed by a licensed, trained physiotherapist.

How It Works

The process of Orthopaedic Manual Physical Therapy involves manually applying treatments to improve muscle and tissue function to relieve pain. Sessions generally last around 45-60 minutes and may involve the use of exercise equipment, assistive devices, and soft tissues massage instruments.

Some of the common techniques used in the process include:

Joint mobilization: A rhythmic back and forth movement is applied along with sustained pressure to specific affected joints in the body.

Joint manipulation: A therapist applies a small, quick movement to bones and joints. They can vary in force power, from gentle to hard. Like joint mobilization, this treatment loosens any tight tissues connected to the joint and decreases pain in other surrounding areas. Overall, it improves flexibility and alignment to provide back proper function.

Soft tissue mobilization: This refers to treatments such as massage and trigger point therapy that are applied to muscles, tendons and ligaments. The focus for this treatment is to relieve your pain while relaxing muscles, increasing blood circulation, and breaking up any prevalent scar tissues.

Myofascial Release: A physiotherapist uses light, manual pressure to massage a trigger point in your body called the fascia. This is the important thin connective tissue that surrounds and supports your bones, organs, nerves, blood vessels, and muscles. The practitioner may hold that point for a few minutes, then repeat the process until a full release.

What Are the Benefits?

Those dealing with acute or chronic conditions are the patients that will benefit the most from Orthopaedic Manual Therapy. It can reduce pain, improve your posture, and boost your overall circulation. You'll also be able to increase your joint mobility and minimize disability from disease progression. This treatment can also be combined with training and exercise to further relieve your pain.

The overall goal of Orthopaedic Manual Therapy is to optimize the function of your body and improve your overall musculoskeletal system.

How [REDACTED] Can Help

Interested in using Orthopaedic Manual Therapy to treat your pain? [REDACTED] will help you reach an optimal level of physical health. You can count on our exemplary service to diagnose your issues and prepare a comprehensive plan that maximizes on successful treatment.

Call us at [REDACTED] or fill out our contact form to book an appointment and gain more information on the many services we offer patients.