# Services

## Manual Therapy

The essence of manual therapy is the use of the physiotherapist's hands. A variety of hands-on techniques are used to assess and mobilize joints, soft tissue, lymphatic system and circulatory system.

## Techniques include:

**Joint mobilization**. A passive movement of a joint to affect joint glide. It is targeted to improve joint mobility and function.

**Joint Manipulation.** A firm end of the range mobilization to improve stiffness, decrease pain and restore joint alignment.

**Soft Tissue mobilization.** A number of specific hands-on techniques to improve muscle function and break adhesion. The therapist will use push, pull and kneading forces to muscle, ligament, fascia, tendons and nerves to restore optimal tissue function.

**Manual Lymphatic Drainage.** A unique, gentle rhythmic pressure massage technique to promote drainage of lymph fluid from an extremity. Indicated when lymphedema is present (Primary or Secondary Lymphedema ) and Postoperative Lymphedema.