



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

- Manual therapy uses hands-on techniques to improve ROM in restricted joints. It is also used to stimulate the function of muscles, nerves, joints, and ligaments. This type of therapy includes care from physical therapists, chiropractors 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

- 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”

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

- 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. Schiøtz 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. 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

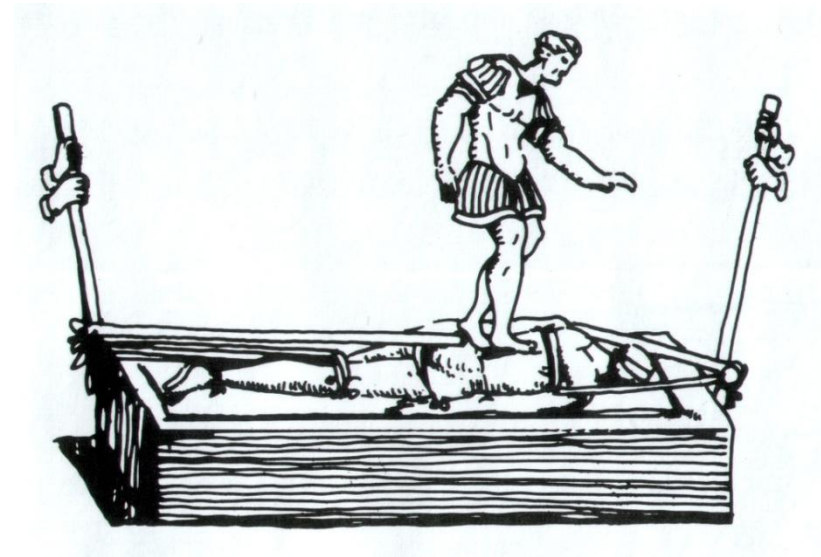
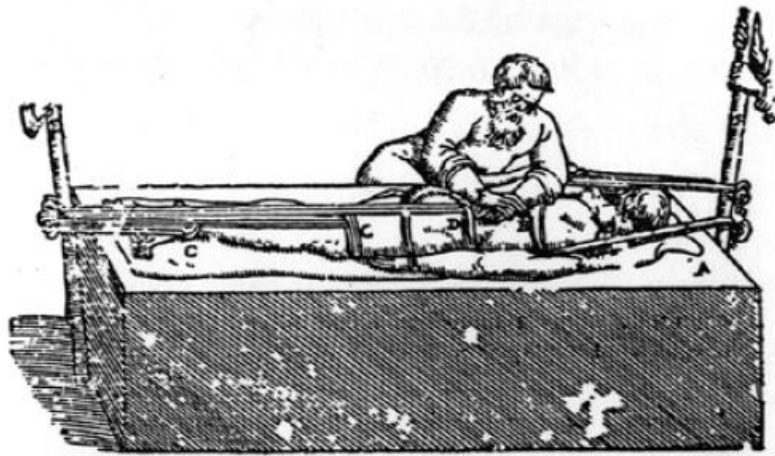
History of Manipulation

- 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



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

History of Manipulation



Stamping



Weighing Salt

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

- By the 18th century physicians and surgeons tended to abandon the general acceptance of spinal manipulation
- James Paget, one of the most famous surgeons of the 19th 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

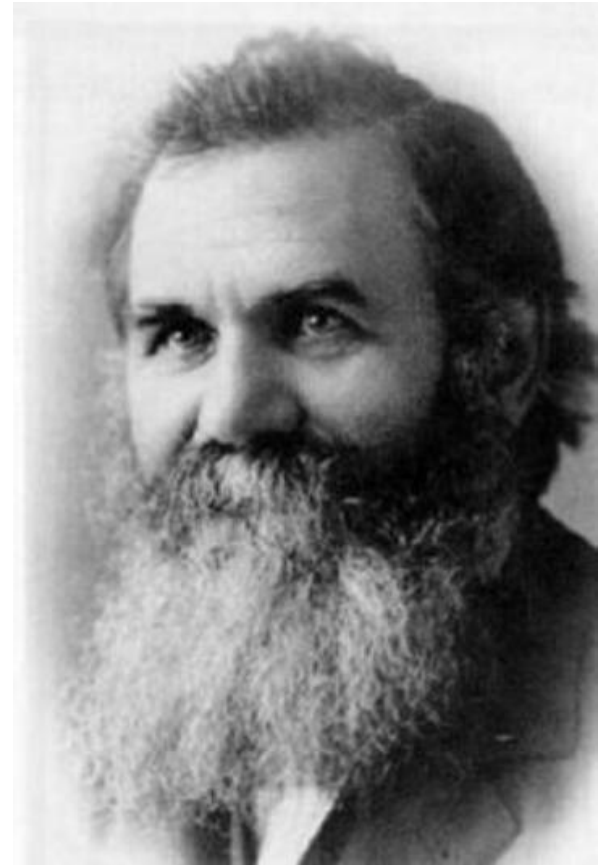


A. J. Still.

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 or manipulation' 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
- “Mixers” incorporate



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
- All other professions are infringing on the chiropractic scope of practice who wish to use manipulation

Kaltenborn Concept

- 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

Kaltenborn Concept

- Kaltenborn developed this concept in collaboration with Olaf Evjenth also known as **Kaltenborn-Evjenth approach**
- It focus primarily on manual joint testing and treatment
- Emphasized functional evaluation of the locomotor system and the biomechanical treatment of dysfunction



Kaltenborn Concept

Freddy Kaltenborn

- Physical educator in Germany in 1945; Physical therapist in Norway in 1949
- Became frustrated in treating spinal disorders
 - Massage + mobilization + manipulation learned from physical education along with the active + passive movements learned from physical therapy training were limited in their effectiveness



Kaltenborn Concept

- *Educated in orthopaedic medicine by James Mennel & James Cyriax from 1952-1954*
- *Approved & endorsed by the Oslo's PTA to teach the first course on Cyriax's method in Norway in 1954*
- *Certified to teach the Cyriax approach in 1955*
- *Norwegian National Health Care System recognized the effectiveness of MT in 1957*

Kaltenborn Concept

- Qualified in chiropractic in Germany in 1958
- Qualified in osteopathy at the London school of osteopathy with Dr. Stoddard in 1962
- Approved as an osteopathic instructor 1971
- Certified in OMT by ISOMT in 1973

Kaltenborn Concept

- His major contributions was the use of **biomechanical principles** in patient evaluation and treatment
- Promote the use of arthrokinematics in both assessment and treatment of articular motion dysfunctions
 - Emphasized the use of
 - translatoric joint play movements in relation to a treatment plane for evaluating and mobilizing joints
 - grades of movement
 - the convex-concave rule
 - pre-positioning for joint movement
 - protecting adjacent non-treated joints during procedures

Kaltenborn Concept

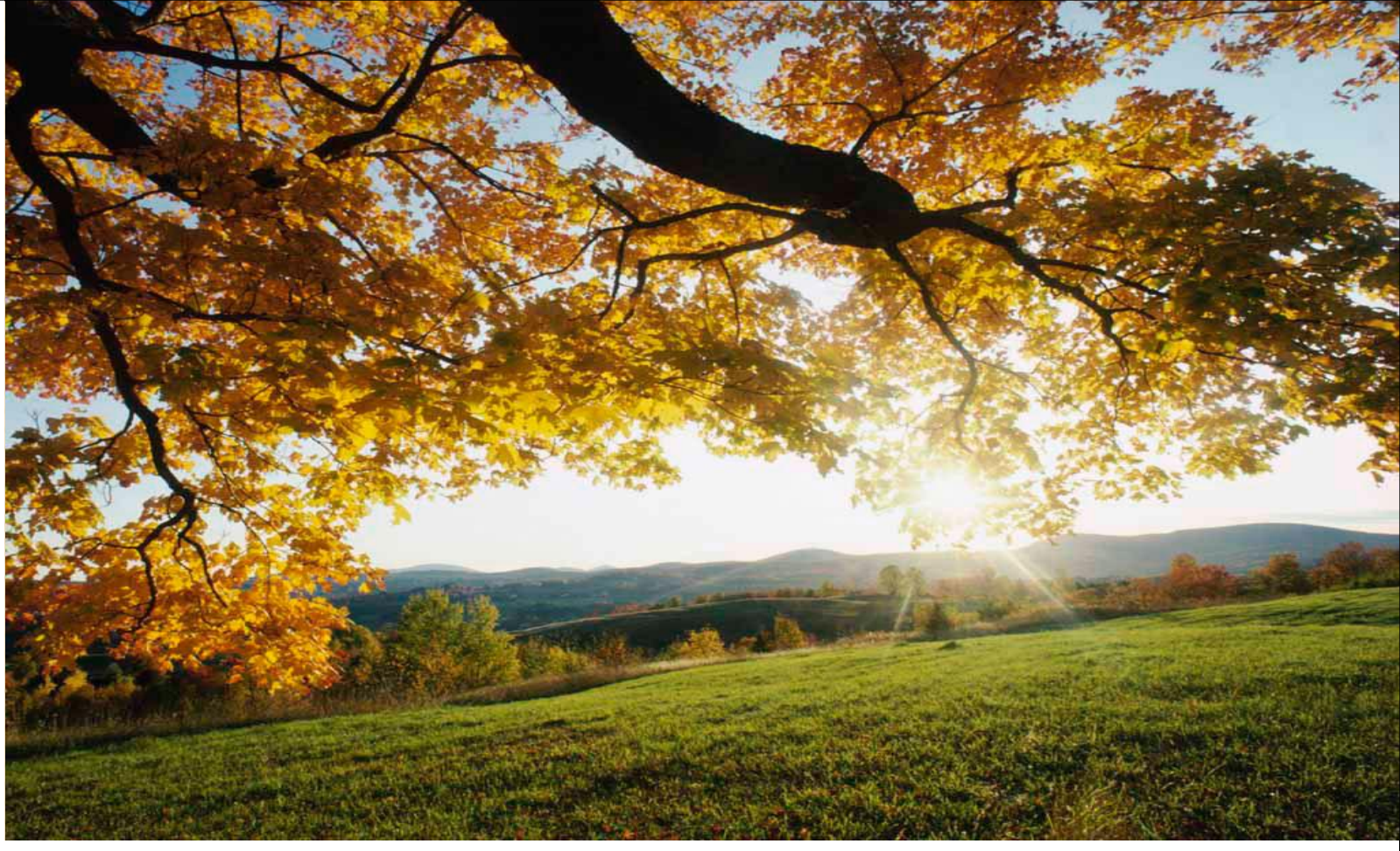
- He also introduced the concepts of *self-treatment*, *ergonomic principles* applied to protect the therapist and *trial treatment*
- Kaltenborn-Evjenth Concept was presented to the world in 1973

Kaltenborn Concept

Olaf Evjenth

- Physical education & athletic training
- Introduced innovations which completed the Kaltenborn method
 - Specialized techniques for ms stretching, strengthening & coordination
 - More intensive training plans for the patients
 - Self-mobilization, self-stabilizing and self-stretching
 - Symptom alleviation &





THANKS