



Manual Therapies

Several types of manual therapy are used at OTA The Koomar Center (OTA) as part of an individual's intervention program. These techniques include but are not limited to craniosacral therapy, myofascial release, and massage. Occupational therapists, physical therapists, and other health care practitioners use manual therapies to help the body utilize its own healing abilities to balance body functions.

Craniosacral therapy was originated by Dr. John Upledger, who identified as a body system the membranes and fluid that surround the brain and spinal cord. The system extends from the head (cranium) to the "tail" (sacrum) giving the treatment its name. Myofascial release is another soft tissue manipulation technique involving relaxation and realignment of the fascia, or tissues covering the muscles. All manual therapies utilized at OTA are hands-on, gentle, non-intrusive techniques that resemble a gentle massage, and are most often experienced as calming and relaxing. The effects of manual therapies vary from person to person, but results can include increased comfort and generalized calm, decreased pain and muscular tension, improved motor function, increased organization, and improved tolerance for sensory stimulation.

Many therapists at OTA specialize in manual therapies and routinely use these techniques as an integral part of therapy sessions. Sessions specifically devoted to manual therapy are also offered and are typically 30-45 minutes in length. These sessions may precede or follow the regularly scheduled sessions emphasizing sensory integration, depending upon the client's tolerance.

Resources:

www.upledger.com

Cohen, D. (1995). Introduction to Craniosacral Therapy: Anatomy, Function and Treatment. Berkeley, CA: North Atlantic Books.

Upledger, J. (2001) Craniosacral Therapy: A Touchstone for Natural Healing. Berkeley, CA: North Atlantic Books.

Upledger, J (1997). Your Inner Physician and You. Berkeley, CA: North Atlantic Books.

www.ceterimt.com