

WHAT IS MANUAL
THERAPY ACTUALLY
INFLUENCING &
ACCOMPLISHING?

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*"All therapeutic interventions
of whatever sort, are a
conversation between two
intelligent systems."*

~Thomas Myers, Anatomy Trains



"A fascial system can affect the fascial system of another individual. Two muscles of different individuals can synchronize their electromyographic response during a movement."

~Bruno Bordini, "The Fascial Breath"



*MAIN GUIDING
PRINCIPLE....*

Manual therapy is not something you perform on someone or to someone. It is something you perform *with* someone.

Don't ever displace a connection with a technique....





*WHAT IS
MANUAL THERAPY
ACCOMPLISHING?*



WHAT IS MANUAL THERAPY ACCOMPLISHING?

- Joint mobilization
 - *Nociceptive response*
 - *Inflammatory profile*
 - *Gene expression*
 - *Receptor activation*
 - *Neurotransmitter release*
 - *Enzymatic activity*
- Spinal manipulation
 - *Muscle spindle response*
 - *Nocifensive reflex response*
 - *Neuronal activity*
 - *Electromyography*
 - *Immunologic response*

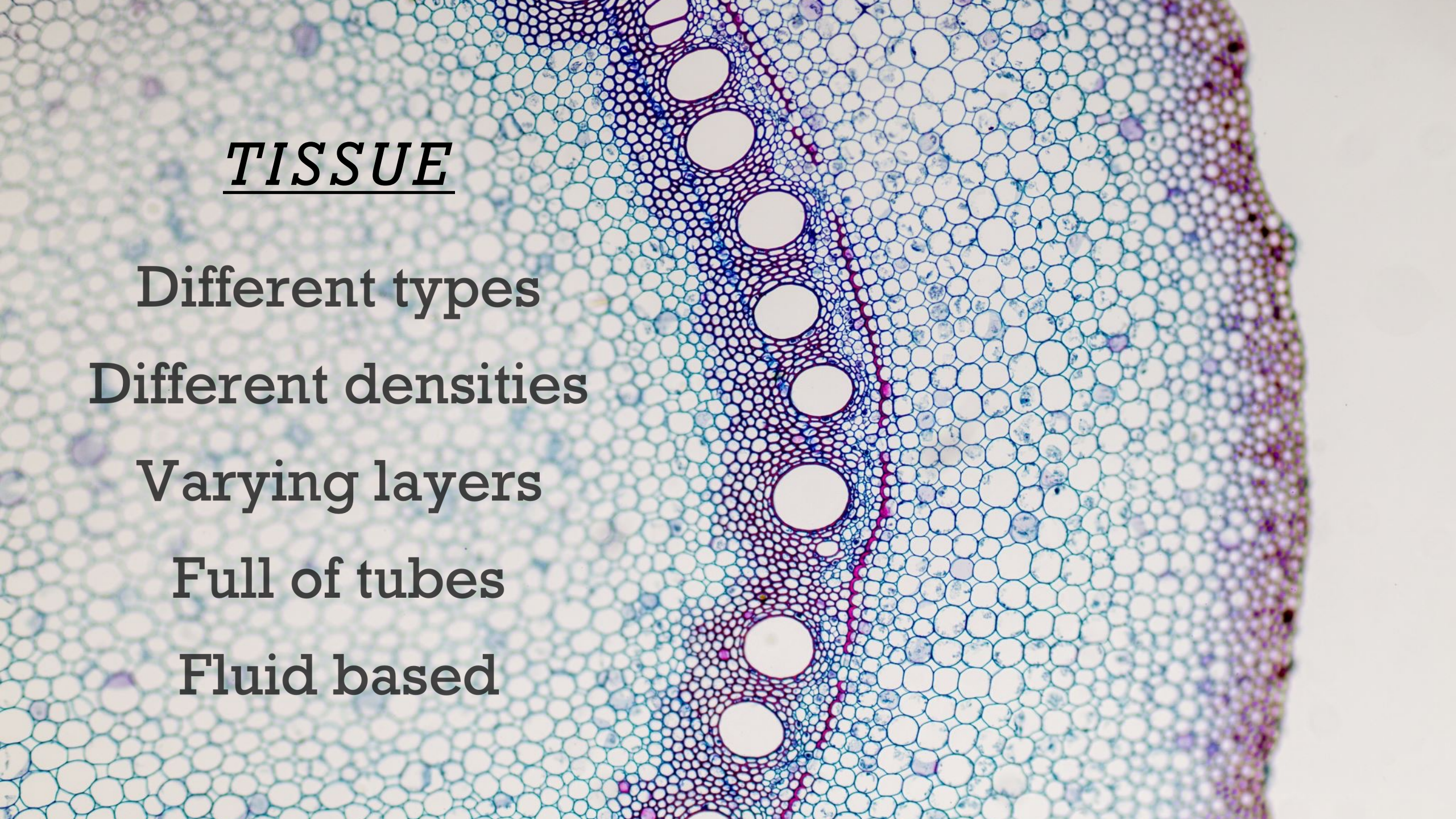
WHAT IS MANUAL THERAPY ACCOMPLISHING?

- Soft tissue massage
 - *Autonomic*
 - *Circulatory*
 - *Viscoelastic properties*
 - *Lymphatic function*
 - *Immunologic function*
 - *Visceral response*
 - *Gene expression*
 - *Neuroanatomy function & pathology*
 - *Cellular response*
 - *Shift in energy / change in attitude*



*WHAT IS MANUAL
THERAPY
INFLUENCING?*



A micrograph showing a cross-section of plant tissue. The image displays several vascular bundles arranged in a central column. Each bundle contains large, circular vessels (xylem) and smaller, more densely packed structures (phloem). The surrounding tissue consists of numerous small, rounded cells, likely parenchyma, which are stained in shades of blue and purple. The overall structure is highly organized and shows clear cellular boundaries.

TISSUE

Different types

Different densities

Varying layers

Full of tubes

Fluid based

FLUID

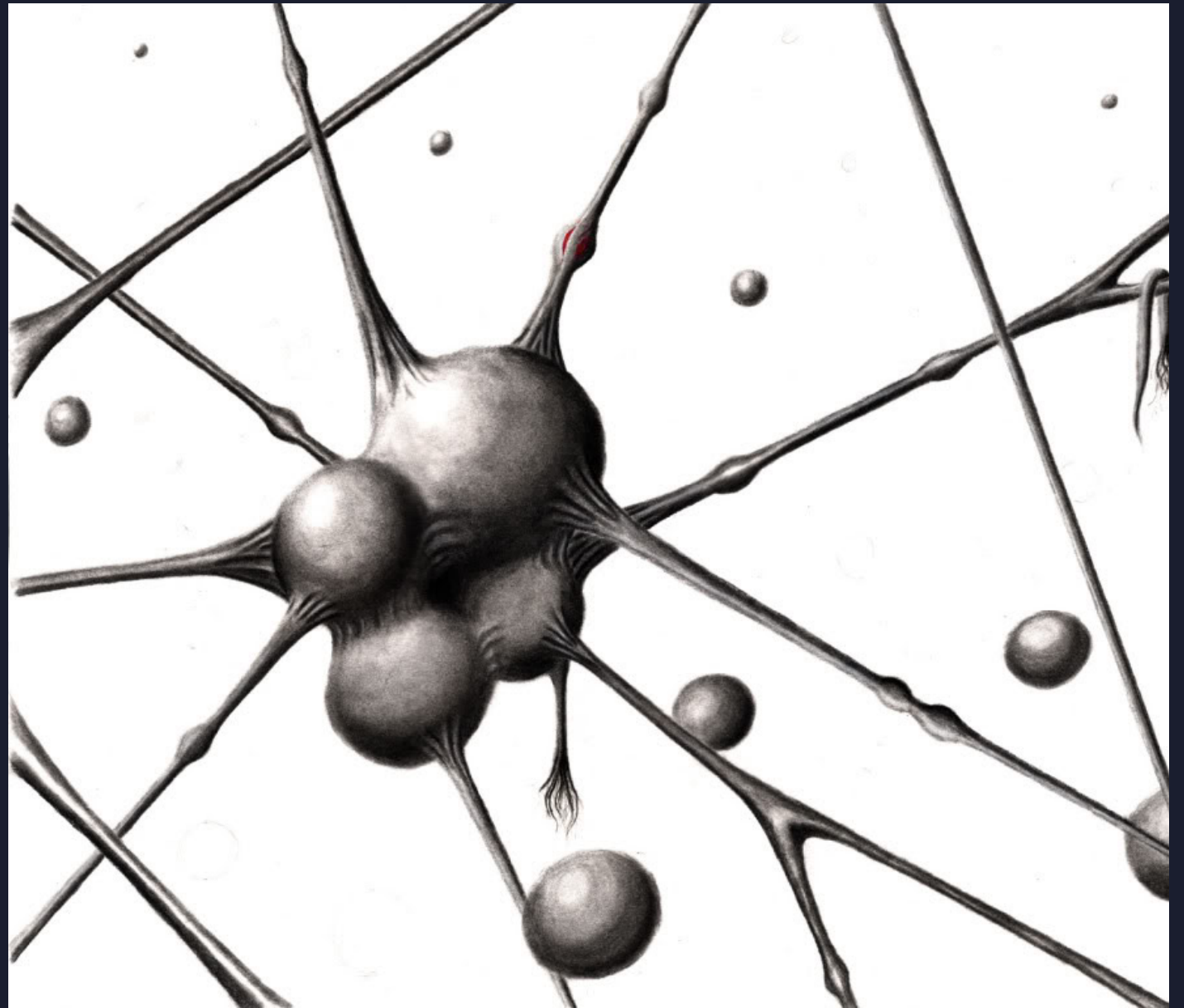


....redistribution



TENSION & PRESSURE

....balance





FORCES & DIRECTION

*....collaborative
vs combative*



TORQUE

....travels



POSITION

....matters

CONNECTION



....is critical

BREATH

....is the hidden jewel



STRUCTURES

.....before specifics



PROMINENCES

....should yield



MEET

| *....don't beat*



TURN

....don't push

ABSOLUTE, RELATIVE

....and resting state





*OUTSMART &
OUTMANEUVER*

*.....vs overpower or
overstimulate*



TIME

....is of the essence



GUIDE

*....instead of
dominate*



THINK FLOW....

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THANK YOU!

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