

## Manual Therapy

Manual therapy is defined within the physical therapy profession as a clinical approach using hands on techniques, including to but not limited to joint manipulations and mobilizations, performed by the physical therapist to help diagnose and treat soft tissues and joint structures. Manual therapy treatments are used for the purpose of modulating pain, reducing or eliminating soft tissue inflammation, increasing the range of motion, improving contractile and non-contractile tissue repair, facilitating movement, improving function, and inducing relaxation.