

## *Bone Bruise Technique*

Bone Bruises are significant especially in the sports medicine world. This is a unique technique from Integrative Manual Therapy that is a combined myofascial release and muscle energy technique. It helps to reduce the spasm around the bone bruise, improve alignment of the tissue and improve blood flow. It has made significant difference to patients who have only rest as a form of treatment for the bone bruise.

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