

Integrative Manual Therapy (IMT) Treatment Techniques:

When using integrative manual therapy (IMT) to treat patients, many different types of techniques are used. The following is a partial list of treatment techniques and what they do.

- **Myofascial Release-** We use the IMT model of myofascial release, which is an indirect approach. This is the method for removing strains from fascial and other forms of connective tissue.
- **Strain Counterstrain-** This is the hallmark technique to reduce muscle spasm of voluntary muscle tissue.
- **Advanced Strain Counterstrain-** This is strain counterstrain for autonomically innervated muscular tissue, including arteries, veins, organs, lymph, and discs.
- **Neural Tissue Tension Technique (NTT)-** NTT is used to reduce scar tissue and improve nerve function.
- **Muscle Energy Technique-** This is the hallmark technique used to realign biomechanics, from sacrum and pelvic through the cervical spine.

Innovative Physical Therapy, 828 Paoli Pike, West Chester, PA 19380 (610) 344-7210