

VISCERAL MANIPULATION:



VM is a gentle manual therapy that aids your body's ability to release restrictions and unhealthy compensations that cause pain and dysfunction. VM does not focus solely on the site of your pain or dysfunction, but evaluates the entire body to find the source of the problem. The VM therapist palpates for altered or decreased motion within the viscera, as well as restrictive patterns throughout the body and then applies specific manual release techniques to re-establish the body's ability to adapt and/or restore itself to a more healthy state. "Viscera" relates to the internal organs of the body, such as the liver, kidneys, intestines, and stomach. VM is most commonly practiced by osteopathic physicians, physical therapist, massage therapist, chiropractors, allopathic physicians, doctors of oriental medicine, and occupational therapist.

Our body is made up of many interrelated components such as bones, muscles, nerves, vessels, fluids, organs, and thin connective tissues called fascia. When we breathe, our kidneys move approximately one inch; and with deep inhalation, they can move as much as four inches. In one day, they can move a little over 1/2 mile. This movement of organs is transmitted through fascia to other structures of the body. Optimum health relies on this relationship between the motions of the organs and all other structures of the body. When injury, surgery, infections, poor posture, bad diet, pregnancy, inactivity, and disease occur this alters the tension in the connective tissue and fascia surrounding the abdominal region and organs. Over time this can lead to referred pain into the body via spinal cord connections and reduce the overall function of the organs affected decreasing our health.

VM is a gentle hands-on manual therapy. The treatment utilizes gentle compression, mobilization, and elongation of the soft tissues. These gentle manipulations can potentially improve functioning of individual organs, the systems the organs function within, and the structural integrity of the entire body. To learn more about VM please visit the [Barral Institute](#) website.