

# Health & recovery

The Newsletter About Integrative Manual Therapy Issue 1



## Understanding Integrative Manual Therapy™

By Sheila Yonemoto, PT



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**W**hen trying to understand anything with which one is not yet familiar it's important to understand the terminology as well as the frame of reference of the subject.

A discussion of Integrative Manual Therapy (IMT) certainly must address the terminology but probably more importantly it must address its frame of reference and its scope of application.

IMT is best described as a health care process. It is a unique set of techniques, approaches and methodologies that are used to address pain, dysfunction, disease and disability. It achieves health and recovery by taking into account the diverse systems of the human body and addressing dysfunction at the cellular level. IMT practitioners use their hands (among other tools) to assess and treat clients giving the body an opportunity to heal itself.

The fundamental premise of IMT is locating the root cause of dysfunction and reopening the body's natural lines of communication. Once this inherent flow is restored the body's innate healing abilities return to optimum.

That the body operates as a whole and that all the systems of the body seek to protect the body in as normal a state of operating condition as possible is a basic frame of reference for IMT practitioners. Working from this perspective,

as a foundation for application of evaluation and treatment, has led to the development of a system of techniques aimed at locating the root causes of any situations challenging the normal functioning and health of the body and addressing those causes directly. Only when the causes are treated can the potential for the healthy functioning of the body return.

This approach is a breakthrough medical therapy leading to whole body health and recovery.

Each patient receives one on one attention from a highly skilled practitioner. The approach utilizes a number of different techniques and approaches and therefore is Integrative. The techniques are manually administered and the therapy leads to actual health and gives the body the opportunity to fully recover.

Many currently followed models of medical treatment seek to address symptoms with surgical or invasive procedures and often accompany those procedures with powerful drugs. Integrative Manual Therapy seeks to restore health so that a patient can recover fully with non-invasive techniques and no drugs.

## A Way To Consider Integrative Manual Therapy

by Kimberly Burnham, IMTC, PhD Candidate

**I**ntegrative Manual Therapy (IMT) is a hands-on approach to healing and recovery from a variety of conditions. One aspect of IMT is the palpation and normalization of biological rhythms in the body. These rhythms are reflective of how the body functions or can indicate disease or dysfunction of body functions.

In the case of a heart attack, one way to describe CPR is: pressure in a specific location to improve a normal rhythm in the body. IMT therapists treat many rhythms

in the body. The work can be described as using precise pressure in specific locations to normalize the rhythms and body functions, contributing to improved health and quality of life.

Sometime people ask how can you feel these different biological rhythms? (Called motilities or circadian rhythms.) It is not unlike the wine connoisseur who can taste a glass of wine and tell the kind of grapes, where they were grown, the bottler and the year. What are they doing? They are taking sensory information, taste and smell and translating it into something else: a date, location, or a winery. In IMT, the therapist takes sensory information: touch, sight and more and translates it into something else, a tissue type, an age, and a type of dysfunction. The therapist may say there is a bone bruise

in the thigh or a compression in the anterior cruciate ligament of the right knee. If the client had an MRI, it would likely show the bone bruise or the damaged ligament, but is it worthwhile for the client to have invasive medical tests to confirm what the therapist is saying? Mostly no, so how does the client know if the therapist is correct? They feel, function and look better and at that point, does it really matter whether the theoretical basis for IMT is accurate or not?

Another way to view IMT is as a biomechanical approach where therapists uses pressure in specific ways to help the tissue and joint surfaces shift, decompress and unwind, allowing for more space and better movement. When the tension on blood vessels, nerves and other tissue is released, fluid and information flows better and facilitates recovery.

IMT therapists also use reflex points to expedite healing. There are many different systems that use reflex points, including acupuncture, shiatsu, reflexology and Chapman's points. IMT therapists use reflex points that are reflective of spinal cord level reflexes, brainstem level reflexes as well as reflex points considered to be influenced by the hypothalamus, autonomic nervous system and cortical parts of the brain. These points are contacted to create a change in the pressures and tensions in the tissue.

Most people would be able to tell which is the painful hip as they watched a man with really bad hip pain walk. They might not be able to articulate that the sound of his foot fall is heavier on the right or that he grimaces slightly as he lands on the left foot or that



**The work can be described as using precise pressure in specific locations to normalize the rhythms and body functions, contributing to improved health and quality of life.**

his knee doesn't fully extend or his shoulder dips slightly more on the painful side. A person with left hip pain walks differently from someone with right hip pain. Most people can see the difference, but are still picking up the information unconsciously. The IMT therapist makes more of this information conscious and is able to articulate more of what they perceive. A person with a bone bruise in their right femur lies on the table differently from someone with a disruption of membrane in their femoral artery. The information is there for anyone to see, but it usually takes some training and practice to pick up this information, make it conscious and articulate what you see.

As Arthur C. Clark put it, "Any sufficiently advanced technology is indistinguishable from magic." Integrative Manual Therapy is advanced technology."

# Tips for Rehabilitation

## *Help to rehabilitate your body*

**How can I help myself or make IMT more effective?**

**Eating the right foods always helps make it easier for the body to heal. Consider eating a multicolored salad daily to improve the fiber and vitamin intake, help your body rid itself of toxins and improve your digestive organ health. Also consider drinking more water, including mineral water, to rid the body of toxins, get the cells functioning better with better hydration and improving overall fluid volume. Increasing the right type of fat in your diet to help with cell membrane structure for better cell defenses and functioning, such as olive oil, nuts, avocados and Omega 3 oil supplements.**

## FAQ

### - Frequently Asked Questions About Integrative Manual Therapy

#### **1. Can I be cured of a particular problem or disease?**

Typically the first thing a patient wants to know is if we can cure them of a particular malady. When Einstein revolutionized the field of physics, he did so with a blank blackboard containing no assumptions from the past. We approach each patient that same way. As an example, a conventional label of "fibromyalgia" is often related to a weakened immune system and the impact of toxicity in the body. The nature of that immune deficiency and toxicity varies from person to person. We treat each client as a unique individual without labels.

#### **2. What are some common conditions that IMT can be applied to?**

Patients with a wide variety of problems can be helped with IMT. A sampling of the broad scope of situations addressed include general aches & pains, neck & low back pain, joint stiffness & pain, post-operative orthopedic conditions (such as spinal surgery and joint replacement), repetitive stress injuries (including carpal tunnel syndrome), thoracic outlet syndrome, fibromyalgia, lupus, chronic fatigue syndrome,

TMJ, chronic headaches & migraines, neurological conditions (including stroke, head-injuries, spinal cord injuries, ataxia, balance problems), facial paralysis (Bell's palsy & Ramsey-Hunt), vision problems, cardiac and respiratory problems, urinary tract problems (including incontinence), digestive disorders (including irritable bowel syndrome & gastroesophageal reflux), lymphedema, osteoarthritis, rheumatoid arthritis, open wounds & many others.

#### **3. How long will it take until I feel better?**

That question can be better answered after your initial assessment. The length of therapy is dependent upon the severity of dysfunction and how chronic the manifestation is in place in the body.

#### **4. How long are the initial evaluation and each treatment session?**

The initial evaluation is usually 30-45 minutes and each treatment session is generally 45 minutes long. Longer sessions are available subject to scheduling and medical insurance coverage.

# More F A Qs

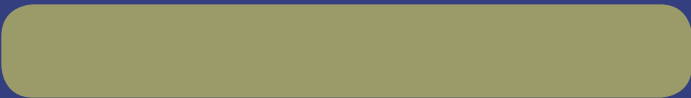
## - More Frequently Asked Questions

### 5. What happens during the initial evaluation?

Since we consider the “whole” body and the “whole” person, we perform a very thorough evaluation during the first visit. The evaluation will usually take 30-45 minutes and treatment will begin. The evaluation is essentially three parts. The first part is a thorough conversation about your symptoms, the limitations they cause you, the history of this problem, any other medical history, and your goals for therapy. The second part is an objective evaluation of your posture, movement and function. The last part is an assessment with manual diagnostics (including myofascial mapping) where we identify areas of tissue restriction through a process of palpation (feeling with the hands).

### 6. What happens after the initial evaluation?

After the initial evaluation, your clinical presentation and goals will be carefully considered to create a treatment plan. The treatment plan will address the multiple “layers” of your dysfunction. During your subsequent treatment sessions you will be seen by one of our team of therapists. These therapists will work together to help bring you to optimal functioning.



## CAN IMT HELP YOU: Take this simple test...

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	I have persistent pain in my back.
<input type="checkbox"/>	<input type="checkbox"/>	Even after regular medical treatment my condition persists
<input type="checkbox"/>	<input type="checkbox"/>	Must stop an activity due to pain.
<input type="checkbox"/>	<input type="checkbox"/>	Must take medication to help alleviate pain more than 1 time per week.
<input type="checkbox"/>	<input type="checkbox"/>	Stop doing hobbies or sports due to decreased function.
<input type="checkbox"/>	<input type="checkbox"/>	Have had a fall or trauma and have severe pain.
<input type="checkbox"/>	<input type="checkbox"/>	My body generally feels weak and unhealthy.

### Quiz

Take this simple quiz to determine if you can benefit from Integrative Manual Therapy.

### Results

If you answered “Yes” to any of these questions please come in for a free consultation.





# Featured Therapist

## Wendy Chan Matsuda, DPT

Wendy Chan Matsuda has been a physical therapist for 5 years, starting off first at UCLA and then coming to Yonemoto Physical Therapy for the last 4 years. She has been studying IMT for over 4 years, taking 8-15 classes per year to hone her clinical skills. She also works part-time at the Center IMT Los Angeles in order to further develop her manual skills.

She graduated with honors from USC's physical therapy program, earning a Doctorate in Physical Therapy. USC currently is rated in the top 3 programs for physical therapy in the country. She earned her undergraduate degree in Kinesiology from UCLA. Both UCLA and USC have contributed to making a dedicated, compassionate and effective IMT therapist.

Wendy is married to Todd since last October and are enjoying fixing up their new house. When they are not busy with the house, they are active in outdoor sports and activities. Wendy grew up in the San Gabriel Valley but has traveled the world and is able to speak Japanese (her mother is from Japan).

For those of you who know Wendy, you know that she is smart, competent, patient, a good educator and overall pleasant person. We are so happy she has chosen to be part of Yonemoto Physical Therapy!

# SUCCESSSES **What parents are saying...**



I came to Yonemoto PT for help with my lower back pain; but I soon found out that Integrative Manual Therapy not only helped relieve my pain, it helped remove the cause of my pain and gave overall benefit to my health and well being. — F.H.

I went to my heart doctor this past week and had a treadmill test done. Last year, my blood pressure at peak exercise was 156/110. This time it was 140/110. My doctor was quite impressed and said, "You're doing great! These numbers are like icing on a cake!"



I am 67 years old and have not been doing any formal walking or exercise program, although I am active with my gardening and usual running around with my busy schedule.

I attribute this change to all the IMT treatments I have been receiving at Yonemoto Physical Therapy. Thank you for all your help! —D.M.

For over 6 months I was in constant pain with my neck. I could not turn my neck to the left and



straight ahead.

After only 2 months of treatment, twice a week, now I can turn my head to left & right, constant pain is gone, I can lift items much better and I am NOT in constant pain! —K. L. H.

I never dreamt I would have healed so quickly - compared to my primary care. —I. K.

especially not to the right without persistent pain. In later stages I could not lift a gallon of milk, carton of orange juice, tea kettle or any item of any weight without pain. The neck pain was so intense at times it hurt just looking

I started therapy after fracturing my ankle in a hang-gliding accident and 6 weeks in a cast. Within a few months I was able to resume jogging and shortly thereafter I was able to ski and resume most other sports.

Today, 6 months later, I'm about to compete in a triathlon, and have regained virtually complete functionality of my ankle.

I doubt I would have recovered as well and as fast without the excellent guidance and assistance of my therapists. THANKS! —L. O.

# FREE Seminars

7:00 PM—8:00 PM



**IMT seminar on the second Thursday of each month**

**“First line” Wellness seminar on the third Thursday of each month**

**Please RSVP  
626-576-0591  
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**YONEMOTO**  
PHYSICAL THERAPY

since 1982

Yonemoto Physical Therapy has successfully treated patients since 1982. We provide several therapy programs ranging from Worksteps which provides services for employers, to Integrative Manual Therapy, chi-gong, as well as walk-in therapy for common orthopedic problems such as backaches, knee injuries and twisted ankles, and pool therapy programs.

Other specialties include orthopedics and sports medicine, TMJ, chronic headaches, Bell's Palsy, urinary incontinence, and low back pain from pregnancy.

We have highly qualified staff trained in methods combining the best from Eastern and Western medicine and philosophies.

Our clinic is open on Monday, Wednesday, Friday 7:00 a.m. to 7:30 p.m. Tuesday & Thursday 7:00 a.m. to 6:30 p.m.



**We can help you recover and achieve Whole Body Health.**

Call us today for a free consultation at

**626-576-0591**

**[www.yonemoto.com](http://www.yonemoto.com)**



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