

Back Pain, Acute and Chronic
Carpal Tunnel Syndrome
Auto Immune Disorders
Breathing Difficulties
Learning disabilities
Digestive Problems
Frozen Shoulder
Muscle Strain
Fibromyalgia
Chronic Pain
Headaches
Arthritis
& more....

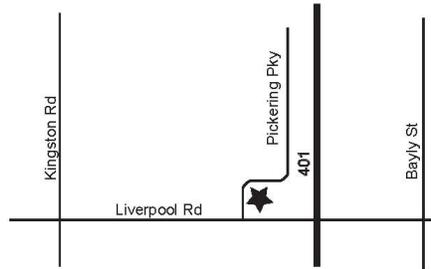


If you are interested in finding out if this type of treatment may help with any other condition, or if you have any questions, please contact Santé Group HealthCare .

IMT is unlike any other manual treatment approach. The easiest way to understand is to experience it in person. If other treatment methods have not worked for you, this method may.

Santé Clinic Hours

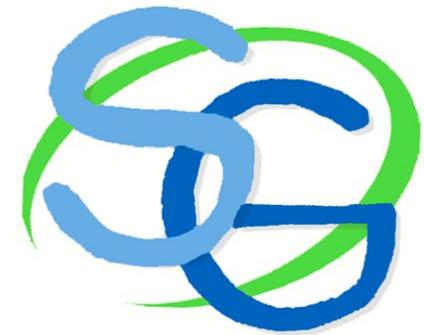
Monday	8:00 AM—7:30 PM
Tuesday	8:00 AM—9:00 PM
Wednesday	9:30 AM—8:00 PM
Thursday	9:00 AM—9:00 PM
Friday	8:00 AM—4:30 PM
Saturday	8:00 AM—4:30 PM
Sunday	9:30 AM—2:00 PM



105-1315 Pickering Parkway
Pickering, ON
L1V 7G5
Phone: 905.250.1322
Fax: 905.422.0213
E-mail: info@santegroup.ca
Web: www.santegroup.ca



Integrative Manual Therapy



 EXCEPTIONAL HEALTHCARE

Integrative Manual Therapy

What is Integrative Manual Therapy?

Integrative Manual Therapy (IMT) is a treatment method that uses a light touch and subtle manipulations to treat a wide range of conditions. It is different from other treatment approaches in that multiple body systems, as well as their interaction with one another, are considered. Clients can remain fully clothed throughout the treatment.

Integrative Manual Therapy, IMT, was developed by Sharon W. Giammatteo Ph.D., P.T., I.M.T.,C. It was formally introduced in 1981. Currently there are clinics located around the world specializing in this type of manual therapy.



What to Expect from an Initial Assessment?

The first portion of an initial assessment consists of a health history as well as a clinical interview. The combination of these two tools helps the therapist to determine the nature of the injury or condition which is to be treated. This also gives the client a chance to clarify what their goals are for treatment. The second portion of the assessment combines observation and palpation of the areas related to the injury. By completing an assessment consisting of these components, a treatment plan can be developed for the client.

What to expect from a Treatment Session?

A variety of manual evaluation techniques can be used to help determine the location of the cause of signs and symptoms. By determining this location, treatment is more efficient and the results are more pronounced. Every client is treated with an individual approach. Two clients who have whiplash may each have a different chief complaint and different structures involved in their injuries. By looking at each client as unique, each individual has a treatment approach best suited to their condition, making treatment more effective. For one client treating the low back may be important while another client may benefit from work on their neck and head. Integrative Manual Therapy can be used in conjunction with other treatment methods. It works well in combination with acupuncture and nutritional support. It is a safe form of treatment for all portions of the population from infant to elderly. A typical treatment is one hour in length although both longer and shorter treatments can still be beneficial. As with any other form of treatment, the session is under the client's control and can be stopped or modified at any time.



How does Integrative Manual Therapy work?

Integrative Manual Therapy uses a hands-on approach of soft tissue manipulation. This allows the body to release any blockages that are in the way and preventing the area from healing itself. Think of a scraped knee with a small piece of gravel in it. With the stone still in the wound, healing will be slow and incomplete, yet if the stone is removed, the scrape will heal more readily.

"Blockages" that keep an area from healing include, but are not limited to, tight muscles, tight fascia (the layer of tissue around muscles), and improper biomechanics (joint integrity). These "blockages" can build up over time as the body adapts to different injuries. At one point there are no more compensations that can be made and pain occurs. By working backwards to remove the compensations the body can often return to its optimal function.

After a treatment an adjustment period is often needed for the results to become apparent. This usually occurs within a 24 hour period. Each visit the techniques used will be slightly different. The use of different techniques allows progression through the treatment plan.

