

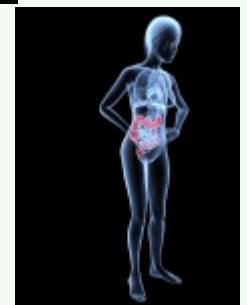
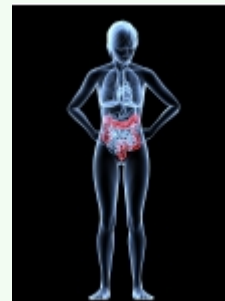
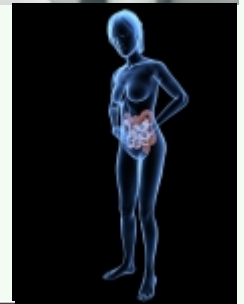
Visceral Manipulation

Life and motion are intertwined. Although we can have motion without life, we cannot have life without motion. Of particular importance are those motions—not ordinarily visible—that take place within the human body. They're linked to many levels of activity, from cellular pulsations to rhythmic contractions of the heart, diaphragm and even the crani-osacral system.

What Is the Visceral System?

The visceral system relies on the interconnected synchronicity between the motions of all the organs and structures of the body. At optimal health, this harmonious relationship remains stable despite the body's endless varieties of motion. But when one organ can't move in harmony with its viscera due to abnormal tone, adhesions or displacement, it works against the body's other organs and muscular, membranous, fascial and osseous structures.

This disharmony creates fixed, abnormal points of tension that the body is forced to move around. And that chronic irritation, in turn, paves the way for disease and dysfunction. Imagine an adhesion around the lungs. It would create a modified axis that demands abnormal accommodations from nearby body structures. For example, the adhesions could alter rib motion, which could then create imbalanced forces on the vertebral column and, with time, possibly develop a dysfunctional relationship with other structures. This scenario highlights just one of hundreds of possible ramifications of a small dysfunction that is magnified by thousands of repetitions each day.



Visceral Manipulation

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Thanks to the dedicated work of Jean-Pierre Barral, an osteopathic physician and registered physical therapist, healthcare practitioners today can use the rhythmic motions of the visceral system as important therapeutic tools. Barral's research and clinical work with the viscera led to this development of a form of manual therapy that focuses on the internal organs, their environment and this potential influence on may structural and physiological dysfunctions. The term he coined for this therapy was visceral manipulation.

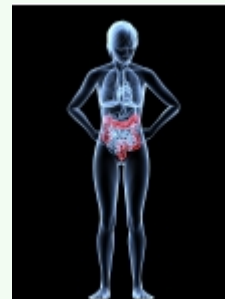
What Is Visceral Manipulation?

Visceral manipulation relies on the palpation of the normal and abnormal forces with the body. By using specifics techniques, therapists can evaluate how abnormal forces interplay, overlap and affect the normal body forces at work. The goal is to help the body's normal forces remove abnormal effects, whatever their sources. Those effects can be global, encompassing many area of bodily function.

How Can Visceral Manipulation Help You?

Visceral manipulation is used to locate and solve problems throughout the body. It encourages your own natural mechanisms to improve the functioning of your organs, dissipate the negative effects of stress, enhance mobility of the musculoskeletal system through the connective tissue attachments and influence general metabolism.

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Visceral Manipulation

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Today, a wide variety of healthcare professionals perform visceral manipulation. Practitioners include osteopathic physicians, allopathic physicians and doctors of chiropractic, doctor of Oriental medical, naturopathic physicians, physical therapists, occupational therapists, massage therapists and other licensed body workers.

How is Visceral Manipulation Performed?

Visceral Manipulation is based on specific placement of soft manual forces to encourage the normal mobility, tone and motion of viscera and their connective tissues. These gentle manipulations can potentially improve the functioning of individual organs, the systems the organs function within and the structural integrity of the entire body.

Harmony and health exist when motion is free and excursion is full when motion is not labored, overexcited, depressed or conflicting with neighboring structures and their mobility. Therapists using visceral manipulation assess the dynamic functional actions as well as the somatic structures that perform individual activities. They also evaluate the quality for somatic structures and the fractions in relation of an overall harmonious pattern, with motion serving as the gauge for determining quality.

Due to the delicate and often highly reactive nature of visceral tissues, gentle force precisely directed reaps the greatest results. As with other methods of manipulation that affect the body deeply, visceral manipulation works only to assist the forces already at work. Because of that, trained therapists can be sure of benefiting the body rather than adding further injury or disorganization.

