



Manual Therapies

Several types of manual therapy are used at OTA-Watertown, P.C. dba OTA The Koomar Center (OTA) as part of an individual's intervention program. These techniques include but are not limited to craniosacral therapy, myofascial release, and massage. Occupational therapists, physical therapists, and other health care practitioners use manual therapies to help the body utilize its own healing abilities to balance body functions.

All manual therapies utilized at OTA are hands-on, gentle, non-intrusive techniques that are most often experienced as calming and relaxing. The effects of manual therapies vary from person to person, but results can include increased comfort and generalized calm, decreased pain and muscular tension, improved motor function, increased organization, and improved tolerance for sensory stimulation.

Many therapists at OTA specialize in manual therapies and routinely use these techniques as an integral part of therapy sessions. Sessions specifically devoted to manual therapy are also offered and are typically 30-45 minutes in length. These sessions may precede or follow the regularly scheduled sessions emphasizing sensory integration, depending upon the individual's tolerance.

Resources:

- Beardsley, C., & Škarabot, J. (2015). Effects of self-myofascial release: a systematic review. *Journal of bodywork and movement therapies*, 19(4), 747-758.
- Bronfort, G., Haas, M., Evans, R., Leininger, B., & Triano, J. (2010). Effectiveness of manual therapies: the UK evidence report. *Chiropractic & osteopathy*, 18(1), 1-33.
- Carpenter, L., Wahbeh, H., Yount, G., Delorme, A., & Radin, D. (2021). Possible negentropic effects observed during Energy Medicine sessions. *EXPLORE*, 17(1), 45-49.
- Haller, H., Dobos, G., & Cramer, H. (2021). The use and benefits of Craniosacral Therapy in primary health care: a prospective cohort study. *Complementary Therapies in Medicine*, 102702.
- Seifert, G., Kanitz, J. L., Rihs, C., Krause, I., Witt, K., & Voss, A. (2018). Rhythmical massage improves autonomic nervous system function: a single-blind randomised controlled trial. *Journal of integrative medicine*, 16(3), 172-177.