

Ameer Physio Care Clinic

MANUAL THERAPY

Today manual therapy is used to treat musculoskeletal pain and disability and commonly includes kneading and manipulation of muscles, joint mobilization and joint manipulation. The technique can also be used to reduce soft tissue inflammation, induce relaxation and improve function. We do integrated rehabilitation, our physiotherapist do several method of manual therapy concepts according to the patient's need.

Here we listed some common methods,

1. Mulligan
2. Maitland
3. Mc Connel
4. Neurodynamics
5. Tigger release
6. Myo-fascial release
7. Kinesiology taping

MULLIGAN

The concept of mobilizations with movement has become a popular treatment for musculoskeletal injuries. Mulligan concept technique involves Natural Apophyseal Glides (NAGS), Sustained Natural Apophyseal Glides (SNAGS) in the spine has advanced physical therapist - applied passive physiological movements and accessory techniques. and Mobilization with Movement (MWM) in the extremities for the treatment of musculoskeletal injuries.

The Mulligan concept can be used to help treat a variety of injuries and pain including neck pain, back pain and upper and lower extremity injuries, shoulder pain/impingement, ankle sprains, tennis elbow and cerviogenic headaches and dizziness.

The Mulligan concept can be practiced with home exercises to improve range of motion and help reduce pain that has been caused by injury.

MAITLAND MOBILIZATION

The application of the Maitland concept can be on the peripheral or spinal joints, both require technical explanation and differ in technical terms and effects, however the main theroetical approach is similar to both.

Accessory Movement - Accessory or joint play movements are joint movements which cannot be performed by the individual. These movements

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include roll, spin and slide which accompany physiological movements of a joint. The accessory movements are examined passively to assess range and symptom response in the open pack position of a joint. Understanding this idea of accessory movements and their dysfunction is essential to applying the Maitland concept clinically.

Physiological Movement - The movements which can be achieved and performed actively by a person and can be analysed for quality and symptom response.

Overpressure - Each joint has a passive range of movement which exceeds its available active range. To achieve this range a stretch is applied to the end of normal passive movement. This range nearly always has a degree of discomfort and assessment of dislocation or subluxation should be acquired during the subjective assessment.

KINESIOLOGY TAPPING

Kinesiology taping is a method of athletic taping designed to support and stabilize muscles and joints during the body's natural healing process. We, apply kinesiology taping in the treatment of many recreational and competitive athletes, as well as patients in need of general pain relief.

Through our expert taping techniques patients are able to stay active and safely participate in activities of daily living and sports with significantly less pain. The pain-relieving benefits of kinesiology taping extend beyond sports injuries. Those suffering from carpal tunnel syndrome (CTS), lower back pain, herniated disc, knee pain, shoulder pain, arthritis, bursitis, tennis elbow, golfer's elbow, plantar fasciitis, swelling and sprains, shin splints, rotator cuff injuries, and even headaches can be co-treated with taping.

We have extensive experience in applications that provide the best stabilizing, pain-relieving, and circulatory effects. We do assessment and apply tape accordingly, it effectively stabilizes joints and stretches muscles without restricting movement or compressing the skin. The kinesiology taping can last for several days, the adhesive is hypoallergenic and non-irritating.

MECHANISM :

During injury blood and other fluids build up causing inflammation and swelling. If there's too much inflammation, excess is unable to be removed by the lymphatic system. In short, the lymphatic vessels become compressed which prevents oxygen and nutrients from being delivered to healing tissues.

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When kinesiology tape is properly applied, the elasticity in the kinesiology tape gently lifts the skin from the tissues below. This gentle lifting of the skin creates a space to improve blood and lymphatic flow which ultimately helps to alleviate pressure and reduce swelling. Once blood flow is restored, oxygen and nutrients are better able to reach damaged tissues to help enhance healing.

As a result, there are other benefits to kinesiology taping besides pain relief and reduction of inflammation. kinesiology tape is also used to support injured muscles or joints without restricting full range of motion in individuals with neurological disorders.

It helps to aid in faster muscle recovery, prevents cramps or spasms, prevents over-stretching or over-contraction of muscles, and also enhances muscle tone and strength.

BENEFITS :

1. Pain Relief

Kinesiology taping relieves pain through different mechanism. These could be grouped as either physical or neurological mechanisms.

Physically, the lifting action of the kinesiology tape relieves pressure on pain receptors directly under the skin, allowing for both immediate and lasting relief.

Chronic pain can be improved via the sensory stimulation of other types of nerve fibres. In these circumstance, kinesiology tape may be effective for pain that persists after an injury has healed or for pain that is above and beyond the injury severity.

2. Swelling Reduction

By lifting this skin, kinesiology taping provides a negative pressure under the tape, which allows the lymphatic drainage channels to drain swelling and other inflammatory cells away from the injured area quickly.

3. Lymphoedema Reduction

Based on the same physical lifting principle, kinesiology taping can be very effective in the reduction of lymphoedema.

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4. Reduced Muscle Fatigue, Cramps and DOMS.

Exercise and repeated muscle contractions produces post-exercise by products such as lactic acid. Lactic acid can cause poor muscle performance, fatigue cramping and delayed onset muscle soreness (DOMS).

Kinesiology tape can help remove lactic acid and other exercise by products from the region, which can assist muscle performance, reduce fatigue, cramps and DOMS.

5. Assists Weak or Injured Muscles

Kinesiology tape provides both a physical and neurological support for your dynamic structures such as muscles

Kinesiology tapes unique elasticity provides passive support to weak or injured muscles. This can assist everyday activities, high level sport or even low tone children.

6. Quicker Return to Sport, Work and Play

By supporting weak or painful structures, kinesiology tape ultimately allows injured athletes, workers and weekend warriors to return to sport, work or play quicker. Kinesiology tape provides unique dynamic support.

MCCONELL TAPPING

McConnell Tape is a rigid, highly adhesive tape that is applied for up to 18 hours or less depending on patient's comfort.

Although it is most commonly used for patellofemoral syndrome, shoulder stabilization and muscle inhibition, it can also be used to treat Acute or chronic low back pain, Acute whiplash injuries, Headache, Neck and arm pain, Shoulder problems – rotator cuff, frozen shoulder, Hip problems – trochanteric bursitis, labral tears, Knee ligamentous injuries, Osteoarthritis of the knee, Patellar and Achilles tendinopathy, Shin splints, Sprained ankle, Hallux valgus, Tibialis posterior insufficiency & Knee instability post ACL reconstruction

BENEFITS :

The benefits of McConnell taping include: reduced pain, aids in healing certain injuries, corrects joint alignment & improves joint loading, improves muscle timing and muscle activation patterns, and allows an earlier return to activity following injury.

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PILATES

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Pilates moves tend to target the core, although the exercises work other areas of your body as well. You can do Pilates with or without equipment, but no matter what, expect the moves to involve slow, precise movements and breath control. "Pilates is a full-body exercise method that will help you do everything better.

It strengthens and stabilizes your core body, which is your foundation, so that you can move efficiently while improving your posture, flexibility, and mobility.

Health benefits of Pilates :

- improved flexibility
- increased muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks (the 'core muscles' of your body)
- balanced muscular strength on both sides of your body
- enhanced muscular control of your back and limbs
- improved stabilisation of your spine
- improved posture
- rehabilitation or prevention of injuries related to muscle imbalances
- improved physical coordination and balance
- relaxation of your shoulders, neck and upper back
- safe rehabilitation of joint and spinal injuries
- prevention of musculoskeletal injuries
- increased lung capacity and circulation through deep breathing
- improved concentration
- increased body awareness
- stress management and relaxation.

MYO-FASCIAL RELEASE AND TRIGGER RELEASE

Myofascial release is a manipulative treatment that attempts to release tension in the fascia due to trauma, posture, or inflammation, to treat skeletal muscle immobility and pain by relaxing contracted muscles, improving blood and lymphatic circulation, and stimulating the stretch reflex in muscles.

Fascia is a thin, tough, elastic type of connective tissue that wraps most structures within the human body, including muscle. Fascia supports and protects these structures. Osteopathic theory proposes that this soft tissue can

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become restricted due to psychogenic disease, overuse, trauma, infectious agents, or inactivity, often resulting in pain, muscle tension, and corresponding diminished blood flow.

Connective tissues called fascia surround the muscles, bones, nerves, and organs of the body. Points of restriction in the fascia can place a great deal of pressure on nerves and muscles causing chronic pain.

Practitioners of myofascial release employ long stretching strokes meant to balance tissue and muscle mechanics and improve joint range of motion in order to relieve pain.

BENEFITS :

- Corrects Muscle Imbalances
- Improves Joint Range of Motion
- Relieves Muscle Soreness and Joint Stress
- Improves Neuromuscular Efficiency
- Relaxes our Muscles
- Provides Optimal Length-Tension relationships

CLINICAL NEURODYNAMICS

We all know that your joints move and your muscles contract and stretch. But did you know that your nerve tissue also needs to move freely and unimpeded.

If your neural tissue is impeded then pain or restriction of your nerve movement is a common result. The adverse neural tension can result in nerve pain and limited motion.

We teach you some exercises that specially designed to move your nerves, that will mobilize your nervous system and make it to maintain its normal physiological function, if there is any restriction along the nerve course can be get corrected and any inflammatory process happening also reduced due to movement.

Neurodynamics is a tailor made exercise program it varies from individual to individual, everyday the exercise changes and the step by step progression will be done according to the individual's feedback and need.

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If a person doing it wrongly may aggravate the symptoms, so we are very keen in teaching the exercise correctly and we usually do a follow up to achieve the permanent results.

WHO GETS BENEFITS:

Dr Michael Shacklock says “Everything is neural”, means all the pain symptoms has neural involvement. So who all are having pain due to nervous system involvement or structures that affecting or disturbing nervous system can get benefitted.

Most commonly we treat Sciatica, Disc related problems, lumbar stenosis, Lumbar and Cervical spine problem, peripheral nervous system issues, radiating pain.