

Program

St. Luke's Rehabilitation Institute offers a spectrum of manual medicine therapies to relieve muscle spasm and facilitate healing, including:

- Strain/counterstrain
- Myofascial release
- Muscle energy
- Therapeutic massage
- Active release therapy

Following strain/counterstrain therapy and normalization of the muscle resting length, myofascial release, joint mobilization and therapeutic massage techniques then restore normal mobility to connective tissues and joints, as well as improve lymphatic and vascular flow to affected areas.

Patient

St. Luke's Rehabilitation Institute provides manual therapies for patients with both acute and chronic neuromuscular and soft-tissue dysfunction of the muscle due to abrupt injury such as:

- Motor vehicle whiplash and lumbar strain
- Falls and recreational/sports injuries
- Muscle strains
- Repetitive strain and work-related injury
- Fracture healing and post-joint replacement
- Arthritic associated soft tissue pain

Treatment Goals

- Complete injury analysis
- Individualized treatment plan created by the therapist with physician and patient input
- Quicker recovery, pain relief, and improved outcomes with goal-focused treatment
- Improved patient functionality and independence

Treatment Resources

Our therapists have extensive experience and have been trained by the most widely recognized manual therapy programs in the country.

