

The Burnham Review

Integrative Manual Therapy (IMT)

Consider Manual Therapy and Complementary and Alternative Medicine for Optimal Health

www.TheBurnhamReview.com

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What to Expect in an IMT Treatment

Carl Jung once said that if you knew the exact weight and measurements of all the pebbles in the jar you could compute a statistically average stone, and yet there might not be a single pebble in the jar that meets that average.

There is no average Integrative Manual Therapy (IMT) treatment, just as there are no average clients, but there are some things that typically happen in an initial evaluation and the first follow up treatment.

After contacting an Integrative Manual Therapy Practitioner for treatment, you can expect to receive a package of information containing, an initial evaluation form for you to fill out about your general information, medical history, areas of pain and your goals. There is frequently information about the clinic, location, maps, places to stay, who to contact, the therapists, etc.

You should wear comfortable clothes to the appointment, which is typically 1-2 hours. You will be treated with your clothes on. You may be in a private room with the

therapist or you may be in a larger room where there are several therapists working with clients.

The therapist will ask for your goals. This is a very important

step. It is your opportunity to ask for what you want for your health and well being. The therapist's goal is to help you achieve your goals as quickly as possible.

The therapist will evaluate your range of motion by asking you to stand or sit and bend forward, backwards or to the sides. The therapist will also move your arms and legs to assess your movement.

Then you will be asked to lay clothed on a soft table, usually face up and then face down while the therapist does a "mapping".

Mapping is an assessment, consisting of lightly touching the whole body and palpating or feeling the rhythm of the connective tissue or the Myofascial Mapping rhythm.

It is a circadian rhythm like the heart beat that indicates how well the tissue in that area is doing. The therapist will usually record the results on a body diagram or "map".

They will also

do a Longitudinal Pressure Scan (5X) to assess the primary area contributing to pain and dysfunction. The 5X is done by pressing on five places: the bottom of the feet, hands and head, hence the name 5X. The therapist is evaluating how that pressure travels in your body. They ask themselves, "Is it smooth and wave like or does it get hung up in certain places?"

As the IMT therapist is doing this assessment they are also taking note of whether there is any swelling or puffiness. Are there areas that are hotter than the surrounding tissue indicating inflammation? They are assessing the texture and quality of the tissue. They feel for sweatiness on the palms or feet, indicating a disturbance of the autonomic nervous system and gives a marker for how much stress is contributing to the problem.

After the evaluation, which often takes about an hour, the therapist will discuss a treatment plan with you. They will talk about the

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correlation between what they found in their assessment and your symptoms and the fastest way to improve your health and well being.

In a two hour appointment, the therapist will then start the treatment portion of the session.

Treatment consists of the use of gentle hands-on pressure to normalize the way the joints function and move. A joint can be the knee or the meeting place of the bone of the upper leg with the bones of the lower leg. A joint can also be where the colon meets the hip bone or where the diaphragm meets the liver. All these areas should move smoothly and evenly for good blood flow and healing to occur.

The IMT therapist will also contact certain reflex point to assist in your healing and recovery.

They are skilled in working with different rhythms in the body such as the rhythmical movement of the heart, the lungs, the blood flow, and the expansion and contraction rhythms of the organs, nerves and bones.

Many Integrative Manual Therapy practitioners are massage therapists, physical therapists, occupational therapists, acupuncturists or chiropractors. They will each bring their own background and expertise to the table and assist you in your recovery.

At the end of the treatment, the therapist will often give you “self-care” or ways you can assist in your own healing.

The homework can consist of Neurofascial Process (NFP), which consists of placing your hands on two different places and keeping that connection for 20 minutes. The most common NFP homework is to place one hand on the low back over the ureters (the tubes between the kidneys and the bladder) and the

other hand over the area of pain. Doing this homework can significantly decrease swelling and symptoms.

For more info: Weiselfish-Giammatteo, S.& Giammatteo, T. (2002). Body wisdom: light touch for optimal health. Berkeley, CA North Atlantic Books

Other homework might consist of strengthening exercises, activities of daily living and following a nutritional program.

Many IMT practitioners have extensive training in nutritional supplementation and may make recommendations on things you should eliminate from your diet, such as gluten or dairy, if you show signs of sensitivities or allergies. They will give advice on things you should add to your diet, such as fresh organic green leafy vegetables, blueberries and good quality loose green tea. They may counsel you in nutritional supplements, such as fish oils or essential fatty acids and vitamin B complex, depending on their evaluation.

At the end of the initial appointment you can book further sessions. Some clients fly in from a great distance and may book 35 hours a week for several week, then return home for a year or more. Other clients live nearby or within a 3 hour drive and they may come in once a week or once a month for one hour or a few hours at a time.

IMT practitioners work with clients with many kinds of joint pain and dysfunction, such as people before or after an injury or joint replacement surgery. IMT practitioners often work with nervous system disorders, such as, fibromyalgia, Parkinson’s disease and autism.

They may specialize in immune system problems such as Multiple Sclerosis, chronic fatigue and reoccurring sinus infections, allergies or flu symptoms. People with poor circulation or other cardiovascular diseases can benefit from IMT treatment.

The typical IMT client may be a newborn baby in for a well baby check up or a child with cerebral palsy or failure to thrive. The client might be an adult with back pain or a serious disease process. Many Integrative Manual Therapists treat athletes looking to improve their function and performance.

Most people seek Integrative Manual Therapy because they want to feel better and function optimally.

“Any sufficiently advanced technology is indistinguishable from magic.” Arthur C. Clark Profiles of The Future (1961), www.quotationspage.com/quote/776.html

A Way To Consider IMT

Integrative Manual Therapy (IMT) is a hands-on approach to healing and recovery from a variety of conditions. One aspect of IMT is the palpation and normalization of motilities or rhythms in the body. These rhythms are reflective of physiology (how the body functions) or pathophysiology (disease or dysfunction of body functions.)

In the case of a heart attack followed by CPR, one way to describe CPR is, “pressure in a specific location to improve a normal rhythm in the body”. IMT Therapists treat many rhythms in the body. The work can be described as using precise pressure in specific locations to normalize the rhythms and the physiology, contributing to improved health and quality of life.

Sometime people ask, how can you feel these different motilities or circadian rhythms? It is not unlike the wine connoisseur who can taste a glass of wine and tell the kind of grapes, where they were grown, the bottler and the year. They are taking sensory information, taste and smell and translating it into something else: a date, location, or a winery. A therapist takes sensory information: touch, sight and more and translates it into something else, a tissue type, an age, and a type of dysfunction. The therapist may say there is a bone bruise in the thigh or a compression in the anterior cruciate ligament of the right knee. If the client has an MRI, it will likely show the bone bruise or the damaged ligament, but is it worthwhile for the client to have invasive medical tests to confirm what the therapist is saying? Mostly no, so how does the client know if the therapist is correct? They feel, function and look better.

Another way to view IMT is as a biomechanical approach where therapists uses pressure in specific ways to help the tissue and joint surfaces shift, decompress and unwind, allowing for more space and better movement. When the tension on blood vessels, nerves and other tissue is released, fluid and information flows better and facilitates recovery.

IMT Therapists also use reflex points to expedite healing. There are many different systems that use reflex points, including acupuncture, shiatsu, reflexology and Chapman's points. IMT therapists use reflex points that are reflective of spinal cord level reflexes, brainstem level reflexes as well as reflex points considered to be influenced by the hypothalamus, autonomic nervous system and cortical parts of the brain. These points are contacted to

create a change in the pressures and tensions in the tissue.

Conscious Perceptions

Most people would be able to tell which is the painful hip as they watched a man with really bad hip pain walk. They might not be able to articulate that the sound of his foot fall is heavier on the right or that he grimaces slightly as he lands on the left foot or that his knee doesn't fully extend or his shoulder dips slightly more on the painful side. A person with left hip pain walks differently from someone with right hip pain. Most people can see the difference, but are still picking up the information unconsciously. The IMT therapist makes more of this information conscious and is able to articulate more of what they perceive. A person with a bone bruise in their right femur lies on the table differently from someone with a disruption of membrane in their femoral artery. The information is there for anyone to see, but it usually takes some training and practice to pick up this information, make it conscious and be able to articulate what you see.

As Arthur C. Clark put it, "Any sufficiently advanced technology is indistinguishable from magic."

Integrative Manual Therapy is advanced technology.

Integrating Science with Empirical Knowledge

Integrating science with empirical knowledge starts with recognizing the value of traditional therapies. According to Kerry Bone (Principles and practice of phytotherapy, modern herbal medicine), a remarkable phytotherapist/ herbalist, there are three essential elements of any traditional therapy.

1) A belief in the innate ability of the body to heal itself. This means

that treatments are designed to support this innate ability.

2) Respect for empirical knowledge accumulated over a long period of time and experiences and based on the results of thousand of cases.

3) Treatment of the individual. The gold standard of scientific research is the double blind placebo controlled clinical trial, which is important, but loses sight of the individual.

**"It's not what you look at that matters, it's what you see."
Henry David Thoreau.
(www.whatquote.com).**

Expressing a Sensory Experience, the Palpation and Treatment of Biorhythms

A stroll through a museum with an artist can result in a unique understanding of the paintings and art work. Artists see patterns and things that the average person simply doesn't see or recognize.

"Isn't that a beautiful painting by Claude Monet", an artist will say from across the room when they can't possibly see the label that tells most people the title and artist of the work they are looking at.

How do they do this? By recognizing the patterns of colors, brush strokes, type of subject matter from across the room. Is this magic?

According to Sherlock Holmes "Looking is not the same as seeing". Similarly, touching is not the same as feeling. The ability to really see and recognize patterns or feel and recognize patterns is a learned skill that comes from study and practice.

A radiologist can tell whether a bone is broken or a space is compressed from an X-ray or from an ultrasound scan? They see and recognize patterns, the average person simply does not see and

understand.

A skilled IMT practitioner can tell you the state and quality of the bones, muscles, organs tissues and more based on sensory information they are gathering and the patterns they recognize.

Treating Rhythms

If a person has a heart attack, often CPR is an effective treatment. CPR can be described as the application of a specific amount of pressure on a specific location for the purpose of normalizing a rhythm in the body.

The clinical treatment of rhythms in the body can be described as the application of a specific amount of pressure on a specific location for the purpose of normalizing the rhythm. The outcome of the normalization of a rhythm or motility is improved function, health, sensation, physiology and performance.

The palpation or feeling of the rhythms and the treatment of the rhythms is easy. It is the verbalization of a sensory experience that can be difficult.

"It's not what you look at that matters, it's what you see." said Henry David Thoreau.

Integrative Manual Therapy – Where is it Written Summary

The literature on Integrative Manual Therapy falls in several categories: clinical and technical books by Sharon W. Giammatteo, the developer of IMT, audiovisual material, general science books, self-care books, journal articles, dissertations, case studies, magazine and newspaper articles, testimonials and web sites.

Clinical and technical books are designed to help IMT therapists improve their delivery of care to the clients. There are also books about manual therapy in general or medical

sciences that reference IMT.

Self-care is an important component of Integrative Manual Therapy. Clients are encouraged to participate fully in their own healing. There are several books and many handouts available to the general public as well as IMT clients.

Journal References Highlights

1. Burnham, K. (2005). Validity of Questionnaires in Evidence-based Research: The Assessment of Client's with Parkinson's Disease. *Journal of Soft Tissue Manipulation*, Vol. 12 No. 2. Winter, from OMTA.com found at www.centerimt.com/News/page%201.pdf.
2. Crowell, T. (2005). The relationship between bone bruises and lymphedema after fracture: a case study. *Townsend Letter for Doctors and Patients*, Jan www.findarticles.com/p/articles/mi_m0ISW/is_258/ai_n8592733
3. Holt, J. (2004). Manual Therapy and Athletic Injury Rehabilitation: Benefits of a Class of Therapy. *The Sport Supplement, A Supplement of the Sports Journal*, Volume 12, Number 3: Summer www.thesportjournal.org/sport-supplement/vol12no3/03manual_therapy.asp
4. Kain, J. B., & Weiselfish, S. (1992). Integrated manual therapy protocol for treatment of idiopathic scoliosis: a new concept. *Advance*, Dec
5. Wheeler, L. (2004). Advanced Strain Counterstrain. *Massage Therapy Journal*, 43 Winter(4), from www.amtamassage.org/journal/winter05

These include books by Thomas and Sharon Giammatteo such as, *Body wisdom*; *Light Touch for Optimal Health*; *Reflection Therapy*; Ex 1: functional exercise program for women's and men's health issues; and Ex 2: functional exercise program for head and neck problems.

These are a guide to help individuals in their own recovery process.

Journal articles on IMT and articles written by practitioners have appeared in medical journals, such as the *Townsend Letter for Doctors and Patients* and in professional journals including the *Massage Therapy Journal*; the *Journal of Soft Tissue Manipulation*; the *IMTA Journal*, *Advance for Directors in Rehabilitation*; *Advance*; *Energy Currents: Journal of Polarity Therapy* and the *Reflexology Newsletter*. Several people in the IMT world have published doctoral dissertations.

Much of the evidence of the effectiveness of IMT has so far taken the form of case studies. Case studies on Integrative Manual Therapy appear in the *IMTA Journal* as well as on the *CenterIMT.com* website. There are magazine and newspaper articles intended for the general public on IMT. Testimonials also provide a kind of evidence of clinical benefit of a treatment modality.

There are also many IMT practitioners who have web sites.

Google "Integrative Manual Therapy" for a lot more information.

For more information and references see
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What is an IMT Template?

A template is part of the information technology (or techniques) in the tool box of Integrative Manual Therapy practitioners. They are developed by Sharon W. Giammatteo, PhD, PT.

IMT practitioners use templates all the time to facilitate healing and speed up recovery.

Sometimes these hands on techniques are given to a client as self-care.

Components of a Template

Typically at the top of the page, there is the name of the template, the Connecticut School of Integrative Manual Therapy (CSIMT) course name and number from which it comes and the number of the template, which relates to the course or file.

Often it will say ANS Template. This reflects the fact that templates affects the Autonomic Nervous System (ANS).

Next there is the autonomic nervous system components - the sympathetic and parasympathetic components.

These are lines with a lightening bolt for the sympathetic (fight or flight part of the autonomic nervous system) and a moon for the two parasympathetic lines (rest and digest part of the autonomic nervous system).

In the bottom right corner there is often a box called Movement of Motility Template. The slinky-like lines represent the motility or rhythm of the sympathetic and parasympathetic lines. The internal and external rotation of the template can be felt along a superior and inferior line along or through the line of the template drawn on the sheet.

There are also three reflex points - the synchronizer, hypothalamus

regulation mechanism (HRM) and the reference point.

The synchronizer is a reflex point similar to an acupuncture point that works through the spinal cord to affect the muscles, bones, joints, and other structures of the body.

The hypothalamus regulation mechanism (HRM) works through the hypothalamus to regulate the physiology, fluid balance, temperature balance, inflammation, stress, shock and other physiological processes in the body.

The reference point is a cortical reflex meaning that it is affected and influences the cortex or higher brain

There are plates and axis on most plates, these represent other rhythms which help with healing.

Sometimes there is a drawing of the Physical Functional Medicine (PFM) associated with the template. The drawing represents the aberrant motility which can be felt if there is a problem in the tissues.

Sometimes the sheet will also have a Reflexogenic Home Base (RHB). This is a key area relevant to the process affected by the template.

There are sometimes other points, motilities and information on the template.

Sometimes there is a "Blueprint" on the Template page. These are a series of paired connections, which facilitate a return to the blueprint or how the tissue was meant to function in the first place.

How to "Do" a Template

The simplest way to "do" a template is to put one hand on the main area of symptoms or the area recommended by an IMT therapist and the other hand on each of the lines, points or shapes. Each connection can be held for 15 minutes or more.

Each point or line may also be

connected to every other point. (ie) one hand on the sympathetic line and the other hand on the synchronizer.

Using two hands this process might take several hours to complete. These hours don't have to be consecutive, meaning you can do 15-30 minutes a day or you can do several hours in a row. Obviously the more quickly you complete all the connections the sooner you will feel better.

This process can be repeated many times.

A way to enhance the technique is to resist the motility of the sympathetic and parasympathetic templates, the plate, PFM's, or any motilities felt in the area. Talk to your IMT therapist about this process.

The use of templates can also be enhanced by considering where each point is and what relationship it has with the main area of symptoms. For example is the point over the liver or in the area of the lungs, etc.

Template Diagnostics

For therapists. These points can also be used to dowse to find areas that are contributing to the problem. These areas can then be given to the client to connect up to all the points.

Therapists can also nullify to find which of the Neurofascial Process Sites (NFP) are key areas in relationship to the Reflexogenic Home Base (RHB).

Related Biologic Disorders (RBD)

There are often templates for Related Biologic Disorders (RBD). These are treatment approaches for the signs and symptoms of dysfunctions that seem to come in waves or epidemics, affecting many people.

Why haven't I heard of Integrative Manual Therapy?

Developed by Sharon W. Giammatteo, PhD PT, Integrative Manual Therapy (IMT) is a unique form of health care treatment and diagnostics. It works on the joints (biomechanics), reflex points, and circadian rhythms in the individual.

Many Integrative Manual Therapy Techniques can be classified as (1) biomechanical (working on the joint surfaces, spaces and movement); (2) reflex point based techniques, which are different but have similarities with Acupuncture, reflexology and Osteopathic Chapman Reflexes; and (3) motility or rhythm based techniques with which the practitioners palpates, assesses and treats underlying conditions affecting the balance or homeostasis and circadian rhythms in the body. The work with the reflex points and circadian rhythms in the body engages every system of the individual in the process of healing.

Together we can make obsolete the question "Why haven't I, my doctor, my therapist, ever heard of IMT?"

This question crops up often, despite the fact that an internet search for the phrase "Integrative Manual Therapy" turns up over 20,000 sites and references.

A search on "Sharon Weiselfish-Giammatteo", the developer of Integrative Manual Therapy turns up several thousand references. Dr. Giammatteo and IMT are also mentioned in Wikipedia. Many of the sites refer to clinical books and easy to use self-care books, written by Sharon W. Giammatteo, PT, PhD and Thomas Giammatteo, DC for therapists and the general public.

The Burnham Review

The Burnham Review focuses on

what the medical literature is saying about Integrative Manual Therapy, a hands-on approach with treatment techniques which address biomechanics (how the joints and musculoskeletal system move and functions), motilities and circadian rhythms reflective of the physiology or how the organs, the heart, lungs, glands, thyroid, adrenals, etc function and flow and reflex points including Synchronizers, Hypothalamus Regulation Mechanisms and Reference points which address the way the nervous system interacts and works with all other structures and tissues in the body.

Integrative Medicine approaches which include manual therapy techniques as well as nutritional and functional approaches are supported by evidence based medical literature. The Burnham Review gathers those resources and information together for various conditions.

Osteopathic Manipulative Treatments (OMT) are being encouraged for infectious disorders, influenza, even potential Bird Flu epidemics and other pandemics. By encouraging mobility in the area around the spleen, liver and thymus as well as improving lymphatic drainage, holistic health care practitioners can complement each others treatment as well as allopathic approaches.

There is evidence that Yoga and Acupuncture as well as other manual therapy approaches can benefit people with seizures and epilepsy.

Consider the research into the benefits of Infra-Red Saunas (TheraSauna)

Back, Disc & Neck pain and joint dysfunctions, so common in the United States, are well addressed by Integrative Manual Therapy and Complementary Medicine

approaches.

Check out some of the Free Back Issues, including ones on the benefits of touch, Neurofacial Process and Integrative Manual Therapy.

Integrative Manual Therapy Practitioners are joining with other Complementary and Alternative Medicine practitioners to bring about Peace, using manual therapy as a Cultural Bridge to help people feel better, function better and make better choices for themselves and their communities.

IMT practitioners also address environmental concerns with Green Health Care approaches.

Practitioners are seeing shifts and changes with Matrix Energetics Frequencies and Rife Frequencies (BioSolutions) and more.

Develop better relationships and communication with Non-Violent Communication (NVC).

More Information

For more information on these topics see www.TheBurnhamReview.com.

Kimberly Burnham, PhD
Editor, The BurnhamReview.

Integrative Manual Therapy – Where is it Written

The literature on Integrative Manual Therapy falls in several categories: clinical and technical books by Sharon W. Giammatteo, the developer of Integrative Manual Therapy, audiovisual material (Videos and CDs), general science books, self-care books, journal articles, dissertations, case studies, magazine and newspaper articles, testimonials and web sites.

Clinical and Technical Books

Technical books are designed to help IMT therapists improve their delivery of care to the clients and are available at www.CenterIMT.com.

1. Giammatteo, T., & Weiselfish-Giammatteo, S. (1997). Integrative manual therapy for the autonomic nervous system and related disorders: utilizing advanced strain and counterstrain technique. Berkeley, Calif.: North Atlantic Books.
2. Weiselfish-Giammatteo, S. (1994). Manual therapy with muscle energy technique. West Hartford, CT: ANA Publishing.
3. Weiselfish-Giammatteo, S., & Giammatteo, T. (2001). Integrative manual therapy, for the upper and lower extremities. volume II (Rev. ed.). Berkeley, Calif.: North Atlantic.
4. Weiselfish-Giammatteo, S., & Giammatteo, T. (2003). Integrative manual therapy for biomechanics : application of muscle energy and 'beyond' technique : treatment of the spine, ribs, and extremities. Berkeley, Calif.: North Atlantic.
5. Weiselfish-Giammatteo, S., Kain, J. B., & Giammatteo, T. (2005). Integrative manual therapy for the connective tissue system : myofascial release. Berkeley, Calif.: North Atlantic Books.

Clinical Audio-Visual Material

A. Videos (Weiselfish-Giammatteo,

S. from www.centerimt.com/Products/videos.asp. Bloomfield, CT: Dialogues in Contemporary Rehabilitation).

1. Soft Tissue Mobilization for Improved Cardiovascular Function, An Intro to Advanced SCS Technique for the Autonomic Nervous System and Related Disorders.
2. Disruptions of Membrane. (DOM)
3. Visceral Mobilization for the Stomach with IMT.

B. Videos (Weiselfish-Giammatteo, S. from www.centerimt.com/Products/videos.asp. Bloomfield, CT: Northeast Seminars Videos)

- 1.. Muscle Energy Techniques to Correct Dysfunction of the Pelvis Region (Pubes & Iliosacral Joint)
2. Muscle Energy Techniques to Correct Biomechanical Dysfunction of the Sacrum (Sacroiliac Joints and Lumbosacral Junction)
3. Muscle Energy Techniques to Correct Biomechanical Dysfunction of the Cervical, Thoracic & Lumbar Spine Part I and Part II.
4. Strain/Counterstrain Techniques for the Orthopedic & Neurologic Patient
5. Advanced Manual Therapy for the Low Back
6. A Patient in Process: The Effects of Integrative Manual Therapy on Pain and Disability
7. The Lower Back: Pelvis, Sacrum and Lumbo Sacral Junction, New Standards for the Health Care Industry
8. Muscle Energy Techniques and Beyond: Treatment of Type II Dysfunction of the Lower Extremity Joints
9. Muscle Energy Techniques and Beyond: Treatment of Type II Dysfunction of the Upper Extremity Joints

C. CDs (Weiselfish-Giammatteo, S. from www.centerimt.com

/Products/cds.asp. Bloomfield, CT: Dialogues in Contemporary Rehabilitation)

1. Strain Counterstrain CD..
2. Muscle Energy Technique for Pelvis CD.
3. Integrative Manual Therapy for The hand CD.
4. Disruptions of Membrane CD.
5. Left and Right Shoulder CD.
6. Integrative Manual Therapy for Bone Bruises CD.

General Science Books

There are also books about manual therapy in general or medical sciences that include references to Integrative Manual Therapy. Among these are:

1. Chaitow, L. (2005). Positional Release Techniques, from <http://print.google.com/print?q=Weiselfish&ie=UTF-8&id=pPUshuy6MwC>
2. D'Ambrogio, K. J., & Roth, G. B. (1997). Positional release therapy : assessment & treatment of musculoskeletal dysfunction. St. Louis: Mosby.
3. Grossinger, R. (2000). Embryogenesis : species, gender, and identity , from <http://print.google.com/print?q=Weiselfish pg 858>

Self-Help Books

Self-care is an important component of Integrative Manual Therapy. Clients are encouraged to participate fully in their own healing. There are several books and many handouts that are available to the general public as well as IMT clients and serve as a guide to ways an individual can help in their own recovery process. These books include:

1. Giammatteo, T., & Giammatteo, S. W. (2001). Reflection therapy. Berkeley, CA: North Atlantic Books.
2. Weiselfish-Giammatteo, S., &

- Giammatteo, T. (2000). Ex 2 : functional exercise program for head and neck problems. Berkeley, CA: North Atlantic Books.
3. Weiselfish-Giammatteo, S., & Giammatteo, T. (2001). Ex 1 : functional exercise program for women's and men's health issues. Bloomfield, CT; Berkeley, CA.: ANA Pub. : North Atlantic Books.
4. Weiselfish-Giammatteo, S., & Giammatteo, T. (2002). Body wisdom : light touch for optimal health. Berkeley, Calif.: North Atlantic Books.
5. Weiselfish-Giammatteo, S., & Giammatteo, T. (2002). Elimination Diet A New Health Care Tool. Bloomfield, CT: ANA Publishing.
6. Weiselfish-Giammatteo, S., & Giammatteo, T. (2003). Anatomic imagery for pain and dysfunction. Bloomfield, CT: Dialogues in Contemporary Rehabilitation.
7. CenterIMT Brochures: Integrative Diagnostics™; Integrative Manual Therapy™. Integrated Systems Approach™, Body Wisdom for Clients™, and How to Make Your Computer "Human-Friendly". (www.centerimt.com/Products/books.asp)
8. CenterIMT Homework program handouts, including Neurofascial process, Synchronizer homework, Biophysiology handouts.
- Journal Articles**
- Journal articles on IMT and articles written by IMT practitioners have appeared in medical journals, such as the Townsend Letter for Doctors and Patients (Crowell, 2005) and in professional journals including the Massage Therapy Journal (Wheeler, 2005); the Journal of Soft Tissue Manipulation (Burnham, 2005); the IMTA Journal (various), Advance for Directors in Rehabilitation (Douglas, 2005); Advance (Kain, J. B., & Weiselfish, S. 1992), Energy Currents: Journal of Polarity Therapy (Pinto, 2003) and the Reflexology Newsletter (Burnham, 2002).
- The complete references and in some cases the website where the entire article can be found are:
1. Burnham, K. (2002). Can You Feel Your Feet? and What They are Doing to Your Heart Beat? Reflexology Newsletter.
 2. Burnham, K. (2005). Validity of Questionnaires in Evidence-based Research: The Assessment of Client's with Parkinson's Disease. Journal of Soft Tissue Manipulation, Vol. 12 No. 2. Winter, from www.omta.com/ found at www.centerimt.com/News/page%201.pdf.
 3. Collins, L. (2005, Jan 31). Healing hands Integrated manual therapy is alternative method of relieving pain. Retrieved Sept 17, 2005, from www.blisstacy.com/blog/2005_01_31_archive.html and <http://deseretnews.com/dn/view/0,1249,600108104,00.html>
 4. Crowell, T. (2005). The relationship between bone bruises and lymphedema after fracture: a case study. Townsend Letter for Doctors and Patients, Jan (from www.findarticles.com/p/articles/mi_m0ISW/is_258/ai_n8592733)
 5. Douglas, D. (2005). The Delicate Dance An intricate symphony keeps pelvic physiology in tune. Advance for Directors in Rehabilitation, January 01, Vol. 14. Issue 1. Page 35 (from http://rehabilitation-director.advanceweb.com/common/EditorialSearch/printerfriendly.aspx?AN=DR_05jan1_drp35.html&AD=01-01-2005).
 6. Helinski, E. H. (2005). Nutritional update: the state of the American diet and relation to disease Part 1: essential fatty acid depletion. Journal of Integrative Manual Therapy, Fall(1).
 7. Holt, J. (2004). Manual Therapy and Athletic Injury Rehabilitation: Benefits of a Class of Therapy. The Sport Supplement, A Supplement of the Sports Journal, Volume 12, Number 3: Summer (from www.thesportjournal.org/sport-supplement/vol12no3/03manual_therapy.asp)
 8. Kain, J. B., & Weiselfish, S. (1992). Integrated manual therapy protocol for treatment of idiopathic scoliosis: a new concept. Advance, Dec.
 9. National Parkinson Foundation, (2006). Interview with Anna Wistran. Parkinson Report (Fall) pg. 24 from www.parkinson.org/site/pp.asp?c=9dJFJLPwB&b=106856
 10. Pinto, D. (2003). Book Review: Body Wisdom by Sharon Giammatteo, Ph.D., (2002), North Atlantic Books, 210 pages. Energy Currents: Journal of Polarity Therapy.
 11. Pinto, D. (2003). Doorways to structure: Strain/Counterstrain. Energy Currents: Journal of Polarity Therapy.
 12. Wheeler, L. (2004). Advanced Strain Counterstrain. Massage Therapy Journal, 43 Winter(4), from www.amtamassage.org/journal/winter05_journal/mtjWinter05.html.
- Doctoral Dissertations**
- Several people in the IMT world have published doctoral dissertations, including:
1. Burnham, Kimberly, PhD (2006). The Effect of Integrative Manual Therapy on the Symptoms of Parkinson's Disease. Westbrook University. PhD.
 2. Kain, Jay B., PhD (1991). An Integrated Manual Therapy Treatment Protocol: A New

Approach to the Treatment of Idiopathic Scoliosis: Union University PhD.

3. Leger, S. J. DSc. (2004). The Effects Of Integrative Manual Therapy On Spinal Cord Injury Recovery, Westbrook University Doctoral Dissertation. (www.centerimt.com/Rec_Program/s/SCI_main.asp#Equipment)

4. Weiselfish, Sharon, PhD (1993). Developmental manual therapy for physical rehabilitation for the neurologic patient. Ann Arbor, Michigan: UMI Dissertation Services, PhD.

There are several people currently in IMT related doctoral programs, including Ayelet Weiselfish, PT, IMTC focusing on Autism and Lissa Wheeler, MT, IMTC researching Bone Health.

Kimber Dines, PT, Ms, has completed a masters program. Her thesis focused on the effects Integrative Manual Therapy on neurologic symptoms linked to art supplies and toxic occupational exposure.

Case Studies

Much of the evidence of the effectiveness of IMT has so far taken the form of case studies. Case studies on Integrative Manual Therapy appear in the IMTA Journal as well as on the CenterIMT Website and include the following cases:

1. -----, (2005). Case Studies on the CenterIMT Website, from www.centerimt.com/ejournal.asp

2. Albrecht, K. (2005). Integrative manual therapy treatment of a 12 Year old female with Charcot - Marie - Tooth syndrome: focus on the connection between biomechanics and neurology. Journal of Integrative Manual Therapy, Fall(1).

3. Burnham, Kimberly (2006). The

Effect of Integrative Manual Therapy on the Symptoms of Parkinson's Disease. Westbrook University. PhD abstract on www.mytherapypractice.com/

4. Gentile, F. (2005). Diagnosis and treatment of bone bruise using Integrative Diagnostic tools and Integrative Manual Therapy techniques: MRI confirmation of manual findings. Journal of Integrative Manual Therapy, Fall(1).

5. Giammatteo, S. W. (2005). Relevance of ATM with Neurologically Impaired Adults, from www.backproject.com

6. Giammatteo, S. W. (2005). Integrative Manual Therapy for Facial Palsy, from www.bellsalsy.com/giammatteo.htm

7. Gronningsater, A. (2005). The effect of Integrative Manual Therapy on visual motor integration and visual perception. Journal of Integrative Manual Therapy, Fall(1).

8. Lunn, L. (2005). The use of Integrative Manual Therapy to improve muscle function in clients with SCI. Journal of Integrative Manual Therapy, Fall(1).

9. Rogers, S. (2005). Case Report Academic success with CranioSacral Therapy. Latitudes, vol. 1, no. 1; published by Association for Comprehensive NeuroTherapy, from www.latitudes.org/articles/craniosacral.html.

Magazines, Newspapers and Website Articles

There are also magazine and newspaper articles intended for the general public on IMT and on the businesses and services provided by IMT practitioners, including:

1. Albrecht, Amanda (2006) New therapy becomes more popular. from www.academic.marist.edu/mwwatch/fall05/health6.htm

2. Bailey, K. (2007). "What Is Integrative Manual Therapy (IMT)?" RMG Publishing: from www.goodhealthnewengland.com/ghme-whatismt.htm.

3. Bodri, W. (2005). How to measure and deepen your spiritual realization: a short multi-disciplinary course on evaluating and elevating your meditation progress and spiritual experience. Retrieved Sep 17, 2005, from www.meditationexpert.com/Chapter4.pdf

4. Burnham, K. (2007). Variety of Articles (gluten, obesity, Parkinson's) at www.suite101.com/profile.cfm/KimBurnham

5. Burnham, K. (2007). What to Expect in an IMT Treatment, from www.healthandgoodness.com/Therapies/IMT-session.html.

6.. Burnham, K. (2006). Choosing an Integrative Manual Therapist, from www.healthandgoodness.com/Therapies/IMT-choosing-therapist.html.

7. Burnham, K. (2006). The effect of Integrative Manual Therapy on the symptoms of Parkinson's disease abstract, PhD Dissertation in Integrative Medicine (August 2006) Westbrook University Available at: www.mytherapypractice.com/therapies/IMT_Parkinsons_disease.html.

8. Burnham, K. (2005). "A way to consider Integrative Manual Therapy." Health & Recovery, The Newsletter About Integrative Manual Therapy - The Science of Whole Body Health(1): Available at <http://kimburnham.blogstream.com/>.

9. Burnham, K. (1992). Why you should go organic. Alive, 118.

10. Burnham, K. (1993). Plants that clean the air. Flowershop Magazine.

11. Burnham, K (2007) Educating, Marketing and Treating with Integrative Manual Therapy. from www.articledashboard.com/Article/

- Educating--Marketing-and-Treating
-with-Integrative-Manual-Therapy/
195637
11. Burnham, K. and S. Yonemoto (2006). "Integrative Manual Therapy's answer to shoulder pain." Health & Recovery, The Newsletter About Integrative Manual Therapy - The Science of Whole Body Health 3 . f r o m www.yonemoto.com/pdf/shoulder_pain.pdf
 12. Burnham, K. and S. Yonemoto (2006). "Addressing shoulder pain with Integrative Manual Therapy." Health & Recovery, The Newsletter About Integrative Manual Therapy - The Science of Whole Body Health 3.
 13. Caperonis, D. (2002). I tried craniosacral therapy: I hoped this hands-on treatment would erase my head and neck tension. Here's what happened at my first session - test run (a treatment with Lissa Wheller, IMTC). Natural Health, Jan-Feb, found at: www.findarticles.com.
 14. Giammatteo, Sharon Weiselfish (2004) Integrative Manual Therapy for Facial Palsy
 15. Giammatteo, Sharon Weiselfish (2000). What is Integrative Manual Therapy and How Does it Relate to Knee Injuries, from www.centerimtbooulder.com/sportsinjuries_article1.htm
 16. Griffin, K. L. (2000). Facing the pain. The Milwaukee Journal Sentinel (from www.findarticles.com/p/articles/mi_qn4196/is_20000731/ai_n10636438/print).
 17. Hodara, S. (2007). "Practitioners striving for innovative options, better treatment, new hope." Special to the Journal News(March 25).
 18. Hopkins, Sharon (2005) Integrative Manual Therapy from www.articledashboard.com/Article/Integrative-Manual-Therapy/84356
 19. Hopkins, Sharon. (2006). "Integrative Manual Therapy." (August 28): from www.articledashboard.com/fitness/integrative-manual-therapy-tx225546.html.
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 21. NBC30. (2005). Autism: The Hidden Epidemic? Connecticut Autism Information, from www.nbc30.com/health/4208354/detail.html
 22. Omega Book Centre. (2005). Body Wisdom Book Review. Retrieved Sept 19, 2005, from www.omegactr.com
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 26. Sheridan, V. (2000). Healing Hands. South China Morning Post, June 28 (from www.thebodygroup.com
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 29. Yonemoto, S. (2005). Integrative Manual Therapy. Retrieved Dec 2005, Apr 18, 2005, from <http://arroyomonthly.com>
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 31. Yonemoto, S. (2005). Ripples in the hands What "energy" feels like. Retrieved Dec 2005, Apr 18, 2005, from www.arroyomonthly.com
 32. Yonemoto, S. (2005). Staying Young keeping the "balance" in your life. Cascades The Monterey Park Cascades, Volume V, No.VII Citywide News for Business, Community and Education July 1, 2005, from ci.monterey-park.ca.us/docs/july_05_pages_01_to_09.pdf
 33. Yonemoto, S. (2006). Leaky Gut Syndrome. Cascades The Monterey Park Cascades, Volume V, No.VII Citywide News for Business, Community and Education Aug 1, 2006, <http://ci.monterey-park.ca.us>
 34. Yonemoto, S. (2006). "Understanding Integrative Manual Therapy." Health & Recovery, The Newsletter About Integrative Manual Therapy - The Science of Whole Body Health 1.

Testimonials

Testimonials provide a kind of evidence of clinical benefit of a treatment modality. There are several hundred testimonials published at CenterIMT. These are available to clients and people who call the centers for further information on IMT and how it can benefit a variety of conditions.

1. CenterIMT website www.CenterIMT.com
2. Balin, Colin (2007). "The Power of Tragedy: CenterIMT." March: <http://ballincolin.spaces.live.com/blog/cns!87CFB6635194DB24!1502.entry>. March 25
3. McLendon, J. H. (2003). New Therapy Helping Blakely Girl Beat Spinal Cord Injury, from www.centerimt.com/News/news_flash_e1_23_04.asp and <http://sci.rutgers.edu/forum/showthread.php?t=20601>

IMT Practitioner Web sites and Articles

There are many IMT practitioners and CenterIMT locations which have web sites with a variety of information on IMT and the services provided. IMT practitioners's professional organization is the Integrative Manual Therapy Association and can be found at www.imtassociation.org.

1. ----- Recovery Program on the CenterIMT Website, from www.centerimt.com/Patient/Rec_Programs.asp
2. ----- Resources for "A Pointe of Interest: How to keep ballet dancers on their toes for years to come." Advance for Directors in Rehabilitation Online Resources (from <http://rehabilitation-director.advanceweb.com/common/EditorialSearch/AViewer.aspx?CC=40748>).
3. Alternative Medicine Foundation.. Manual Therapies: An Alternative and Complementary Medicine Resource Guide, 2005, from www.amfoundation.org/manualtherapies.htm
4. Athens Therapeutics at www.athenstherapeutics.com/about.html
5. Back Project. BackProject Delivers Immediate Back Pain Remedy BackProject Announced the Addition of Two New Models to the ATM2 Family of Products, Developed to Treat Back, Knee, Hip, Shoulder, and Neck Pain, Consistently, Immediately & With Long-Lasting Results, 2005, from http://justalittlepoke.com/archives/mens_health/
6. Bernard, Ann at www.annbernard.com
7. Body Group Hong Kong (Caroline Rhodes, PT) at www.thebodygroup.com
8. Body - Mind - Spirit www.bodymindexpo.com/ittprecon.htm
9. CenterIMT Asheville at www.centerimtasheville.com/
10. CenterIMT Atlanta at www.centerimtatlanta.com/
11. Cornerstone Physical <http://cornerstonephysicaltherapy.com/about.html>
12. Demaris Integrative Bodywork at www.demarisbodywork.com
13. East West Rehab <http://mindbodyrehab.com/IMT.htm>
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16. Havens, Ralph, PT. Integrative Manual Therapy, 2005, from www.holisticnetwork.org/articles/article_17.html
17. Hildebrant, KerryLeegh at www.rebalance.ca
18. Howard, Anne at www.inbalance.com/RESUME.HTM
19. Innovative Therapy at www.innovative-therapy.com/about%20Us.htm
20. Greater Brunswick Physical Therapy and Deborah Casterlin at www.greaterbrunswickpt.com/staff/deborah.php
21. Havens, Ralph (2007). "Headaches and Craniosacral Therapy." from www.articlesbase.com/alternative-medicine-articles/headaches-and-craniosacral-therapy-104983.html.
22. Havens, Ralph (2007). "Understanding Integrative Manual Therapy" from www.articlesbase.com/wellness-articles/understanding-integrative-manual-therapy-102825.html.
23. Havens, R. (2003). Integrative Manual Therapy, Holistic Health Network: from www.holisticnetwork.org/articles/article_17.html.
24. Horn, P. (2006). "Tennis balls may be the answer for foot faults." San Diego Union Tribune: from www.califmall.com/footherapy.html.
25. Integrative Physical Therapy at www.integrativept.com/
26. Jespersen, B. (2005). Health and wellness center opens. Maine Today.com Blethen Maine Newspapers, Inc. (from <http://business.mainetoday.com/news/050623amethyst.shtml>).
27. Kain, J. B. (2005). Integrative Manual Therapy Website, from www.jaybkainpt.com/about/diagnostics.html and www.jaybkainpt.com
28. Linda. (2005, Jan 31). Integrative Manual Therapy, 2005, from www.largeheartedboy.com/massage/archive/2005/01/chronic_pain_tr.html
29. Massage Therapy 101 at www.massagetherapy101.com/massage-techniques/integrative-manual-therapy.aspx
30. McLaughlin, Kathy from www.integrativept.com/imt.htm and www.bbgh.org/holisticrehab.htm
31. Mission Hills PT at www.mission-hills-pt.com/IMT.html
32. Munich Seminars at <http://munich-seminars.com/en/seminars/>
33. Northeast Seminars www.neseminars.com
34. Ottawa Professional Therapy www.theoptc.com/services.htm
35. Powers, Cindy Power in Motion at www.power-in-motion.com/treatments.html
36. Rhodes, Caroline, PT (2005) The Body Group Hong Kong www.thebodygroup.com
37. Sensory Systems at www.sensorysystemsclinic.com/Cranio%20Sacral%20Therapy.htm
38. Summit Rehabilitation at www.summitrehabilitation.com
39. Wetzler, G. (2003). Integrative Manual Therapy, 2005, from www.iaath.com/treatments/integrative.shtml
40. Wille, H. E. IMT de, from www.heinowille.de
41. Yonemoto, S. (2005). Integrative Manual Therapy. Retrieved Dec 2005, Apr 18, 2005, from <http://arroyomonthly.com>