Visceral Manipulation is a gentle manual therapy that aids your body’s ability to release restrictions and unhealthy compensations that cause pain and dysfunction.

Visceral Manipulation, or VM, does not focus solely on the site of pain or dysfunction, but evaluates the entire body to find the source of the problem relating to the internal organs of the body, such as the liver, kidneys and intestines, referred to as “viscera”. The VM therapist feels for altered or decreased motion within the viscera, as well as restrictive patterns throughout the body and then applies VM techniques. VM therapy re-establishes the body’s ability to adapt and restore itself to health.

The initial source of the dysfunction is often far from where the pain is felt. Because of this, the practitioner follows this compensatory pattern in the body to find the root and treats the related tissues. The treatment is a gentle compression, mobilization and elongation of the soft tissues. When the source of the problem is released, symptoms will start to decrease as the body returns to greater health. While some relief may be felt immediately following treatment, this process could take several days to occur after the Visceral Manipulation session.

Visceral Manipulation is beneficial for a wide range of issues, including but not limited to:

- Acid Reflux and Heartburn
- Anxiety and Depression
- Back, hip and knee pain
- Bladder incontinence
- Bloating
- Chest or abdominal injuries
- Chronic musculoskeletal pain
- Colic
- Constipation
- Crohn’s Disease
- Digestive disorders
- Emotional disorders
- Endometriosis
- Fibroids & Cysts
- Headaches & Migraines
- Liver disorders
- Post-surgical pain and scar tissue
- Post-Traumatic Stress Disorder
- Repetitive strain injuries, e.g. Carpal Tunnel Syndrome
- Restricted range of motion
- Sciatica
- Shoulder problems
- Swallowing difficulties
- Vertigo
- Whiplash and other physical trauma

“The purpose of Visceral Manipulation is to recreate, harmonize and increase proprioceptive communication in the body to enhance its internal mechanism for better health.”

-Jean-Pierre Barral, D.O.

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