

## **What is Visceral Manipulation Therapy?**

Visceral manipulation is a gentle manual therapy technique used to treat the internal organs (viscera) and their surrounding connective tissues.

A therapist uses their hands to apply very gentle compression, elongation, and mobilization to the soft tissues surrounding the organs, aiming to restore the normal mobility, tone, and motion of the organs.

Visceral manipulation therapy can help with problems stemming from injuries, surgery, poor posture, or emotional stress, by releasing restrictions and compensations throughout the body.

The treatment often addresses the root cause of a problem, which may be located far from where the pain is felt. For example, restrictions in the abdominal area can affect the neck, spine, or even feet, and vice versa.

It can be used to treat musculoskeletal issues, such as chronic low back pain and postural distortions, as well as digestive problems, such as bloating, constipation, and other gastrointestinal difficulties.

Visceral manipulation is deeply relaxing because it addresses autonomic nervous system, by enhancing parasympathetic responses and stabilizing sympathetic responses. As such, it can be of value in treatment of chronic stress disorders, migraines or sleep issues.