



Manual Physical Therapy and Myofascial Release at Oktibbeha County Hospital

**A Hands-on
Treatment Approach
for Dysfunction and Pain**

What is MANUAL PHYSICAL THERAPY?

Manual physical therapy is a hands-on approach to assessment and treatment of certain kinds of physical conditions. Conditions that affect muscles, fascia, nerves and joints all respond to manual physical therapy.

Manual physical therapy includes specific techniques such as stretching, therapeutic massage, joint mobilization and myofascial release. The goal of manual physical therapy is to reduce pain and restore movement and health.

Each patient is thoroughly evaluated by a specially trained, certified physical therapist who then designs a unique treatment program. This program may include hands-on therapy, an individualized exercise program and educational information to help prevent future problems.



Myofascial release eases muscular soreness and soft tissue restrictions which can cause chronic pain and spasms.

*This mobilization
technique increases
lumbar rotation.*



What are some Benefits of MANUAL PHYSICAL THERAPY?

- Decreased pain
- Improved range of motion
- Better posture
- Flexibility
- Increased strength

What is MYOFASCIAL RELEASE?

MYOFASCIAL RELEASE is a hands-on technique that eases adhesions and restrictions of the fascia. Fascia is the gel-like connective tissue that helps give our muscles their shape. When the fascia thickens, it can cause pain and dysfunction.

What CONDITIONS can be TREATED with MANUAL PHYSICAL THERAPY?

- Stiff or painful neck
- Low-back and mid-back pain
- Hips/sacral area pain
- Fascial pain due to fibromyalgia
- Fascial pain due to repetitive motion, poor posture or injury
- Loss of low-back mobility
- Motion loss due to scar adhesions
- Sports and work-related injuries
- Trauma-related injuries
- Muscle spasms
- Piriformis Syndrome (Sciatica)
- Arthritis
- And many more



Myofascial release helps stretch neck and shoulder muscles and improves range of motion while relieving pain.



A combination of therapies is used to reduce thoracic pain.



Lumbar myofascial stretch improves lumbar mobility and decreases pain.

Pictures on this page feature Shannon Eastman Skelton, PT, and Stan Bazzill, LPTA, for illustration purposes.



Subscapular release increases shoulder range of motion and decreases pain.

MEET our THERAPISTS

Our therapists, SHANNON EASTMAN SKELTON, PT, and STAN BAZZILL, LPTA, both have advanced training in manual skills.

Shannon applies her expertise to evaluations. From these she designs individualized plans of care. She performs specific joint mobilizations and teaches patients how to exercise effectively.

Stan specializes in myofascial release and deep tissue mobilization. These hands on techniques help muscles and connective tissues function freely and without pain.

How can I Get MANUAL PHYSICAL THERAPY?

Physical therapists work alongside your physician to restore you to health. Patients must be referred by a physician to receive treatment.

For more information, call the
Oktibbeha County Hospital Rehabilitation Services Department at
(662) 615-3020.