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## **Manual Solutions Physical Therapy**

Manual Solutions Physical Therapy Manual therapy produces fast results and allows for immediate feedback. Our therapists have years of training which helps them to quickly

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identify issues you're facing and help you get on the road to recovery.

## **Manual Solutions Physical Therapy**

In 2011, Dr. Jones fulfilled his goal of starting Southeastern Idaho's first physical therapy clinic with a true manual philosophy, Manual Solutions Physical Therapy. Dr. Jones has played a large role in

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expanding the influence of Manual Therapy in Southeast Idaho.

## **Physical Therapists | Manual Solutions Physical Therapy**

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PNF is a manual resistance treatment technique used for mobilization, neural activation and strengthening. The therapist uses verbal and manual cues to help the body become aware of (proprioception) and facilitate the use of muscles. In essence the therapist activates

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muscles through  
specific resistance.

## **Physical Therapy Treatment Techniques | Manual Solutions**

Manual therapy is just one of many forms of therapy a physical therapist can tap into in order to mobilize soft tissues and joints. This particular form of treatment assists with reducing inflammation, decreasing restriction,



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and increasing your range of motion.

## **Manual Therapy Alexandria, VA - Solutions Physical Therapy ...**

Seattle Physical Therapy. Contact us about telehealth consults. Seattle PT Solutions is an independent Physiotherapy Practice owned by Karen Greeley. Karen is an Orthopedic Physical

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Therapist and Clinical Specialist who earned her certifications through NAIOMT (the North American Institute of Orthopedic Manual Therapy) to their highest level.

## **Seattle Physical Therapy Solutions**

Completed the Integrated Systems Model approach to Physical Therapy (Diane Lee and Linda Joy-Lee) in England

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2013. Completed  
ConnectTherapy™  
Approach to Physical  
Therapy Treatment  
(Linda Joy-Lee, PhD) in  
Vancouver, BC 2015.  
Completed Kathe  
Wallace's Pelvic floor  
courses in 2016 and  
2017.

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**Seattle Manual  
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CFMT John Stavast,  
DPT Michael  
Cuthbertson, DPT  
Manual Solutions  
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provides one on one  
hands on care for  
orthopedic and  
neuromuscular  
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Physical Therapy is an  
Idaho Assumed  
Business Name filed on  
November 7, 2011. The  
company's filing status  
is listed as Active-  
Current and its File  
Number is 459935. The  
company's principal  
address is 2375 E  
Sunnyside Rd Ste H,  
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and its mailing address  
is 2375 E Sunnyside Rd  
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Advanced Manual  
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cutting-edge NEUFIT  
NEUBIE technology and  
creative, personalized  
therapeutic exercises.

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therapy, or orthopaedic  
manual therapy,  
encompasses any  
hands-on techniques  
used to decrease pain

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and improve range-of-motion and flexibility to stiff joints and muscles in any part of the body. This type of therapy includes: mobilization, manipulation, soft tissue techniques, and muscle stretching.

## **Manual Physical Therapy | PT Central**

Manual therapy is used in conjunction with therapeutic and neuromuscular re-

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education exercises to achieve the best possible outcomes for our patients. Manual therapy techniques can be simply used to increase flexibility or joint mobility in the ankle or hip, allowing for improved balance and gait mechanics, or may be used to decrease pain and muscle spasm after an acute injury.

**Manual Therapy -**

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**Balance Solutions  
Physical Therapy**

In a typical physical therapy session, you may do one or more of these exercises:

Strengthening exercises - Using machines, resistance bands, or your own body weight (squats, lunges, and push-ups).  
Low-impact aerobics training - This training will increase your heart rate, while also taking it easy on your joints.

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