



COHESIVE HEALTHCARE MANAGEMENT & CONSULTING

Mangum Regional Medical Center

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|----------------------------------|----------------|-------------|--|
| TITLE | | POLICY | |
| Manual Therapy Techniques | | 701 | |
| MANUAL | EFFECTIVE DATE | REVIEW DATE | |
| Rehabilitation | | | |
| DEPARTMENT | REFERENCE | | |
| Rehabilitation Services | APTA | | |

SCOPE: All professional rehabilitation staff members that will providing manual therapy techniques for patient care at Mangum Regional Medical Center.

PURPOSE: To ensure that all manual therapy techniques are administered safely and effectively within established guidelines.

DEFINITIONS:

“Manual therapy techniques are skilled hand movements and skilled passive movements of joints and soft tissue and are intended to improve tissue extensibility; increase range of motion; induce relaxation; mobilize or manipulate soft tissue and joints; modulate pain; and reduce soft tissue swelling, inflammation, or restriction. Techniques may include manual lymphatic drainage, manual traction, massage, mobilization/manipulation, and passive range of motion.” doi: 10.2522/ptguide3.0_38Published in: Guide to Physical Therapist Practice 2014.

POLICY: Physician’s order received. Order may be for “mobilization, manual therapy, PROM, MFR, massage, manual traction, manual lymphatic drainage,” or other variation of terms. Order may state therapist to evaluate and treat.

Indications:

- Pain
- Muscle spasms
- Muscle tension
- Edema
- Soft tissue restriction
- Adhesions
- Scars
- Arthritis
- Circulatory disorders
- Sprains/strains

- ROM limitations

Contraindications:

- Open wound on treatment area
- Skin breakdown on treatment area
- Rash
- S/Sx of DVT
- Acute circulatory disorders
- Abdominal massage

Precautions:

- Acute inflammation
- Tactile sensitivity

PROCEDURE:

1. Before initiating treatment, the patient is evaluated by a therapist for appropriateness of treatment.
2. Treatment is explained to the patient.
3. Therapist administers manual therapy techniques within scope of practice as permitted by state specific practice regulation.
4. The specific manual therapy techniques will be administered at the discretion of the therapist based on their knowledge of the pathology and treatment technique.
5. The specific manual therapy techniques administered and delegated to a therapist assistant with advanced training, including competency validation, is at the discretion of the therapist based on his or her knowledge of the pathology, and specific treatment technique.
6. The patient is monitored regularly for increased pain or any unusual reaction.
7. The therapist determines treatment time.
8. Following treatment, the treatment area is cleansed, and therapist washes his/her hands.

REFERENCES: APTA Guide to Physical Therapist Practice doi: 10.2522/ptguide3.0_38Published in: Guide to Physical Therapist Practice 2014.

ATTACHMENTS

REVISIONS/UPDATES

| Date | Brief Description of Revision/Change |
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