
Now introducing Intramuscular Manual Therapy.

Intramuscular Manual Therapy (IMT) is a manual therapy technique designed to improve muscle function, induce relaxation and decrease pain. This technique is performed in addition to the traditional therapy assessment, exercise and mobilization techniques. This requires that each patient is an active participant in their own treatments.

Frequency and Treatment Details

The recommended treatment schedule is every 5-7 days. Depending on your diagnosis and treatment response, 2-3 treatments may be all that is required.

IMT is a valuable and effective treatment for musculoskeletal pain. Our therapists are extensively trained and experienced in this technique as well as 3D anatomy. Please speak with your physical therapist regarding your individualized treatment and concerns.

To schedule a screening or if you have additional questions please contact us at either location.

Turn over to learn about the commonly treated conditions.
Dry Needling / Intramuscular Manual Therapy (IMT)

Dry Needling/Intramuscular Manual Therapy (IMT), involves the insertion of a sterile needle into a muscle to decrease spasm and trigger point activity. These thin needles are inserted at the myofascial trigger points, which can be a cause of referred pain. The muscles then contract and release, improving flexibility and decreasing symptoms. This can help resolve pain and muscle tension as well as promote healing. This is not traditional Chinese Acupuncture, but is based on a western medical approach to myofascial trigger points and physical assessment.

IMT is effective for resolving soft tissue dysfunction, tendonosis, contractures, trigger points, tissue adhesions, and various other neuromusculoskeletal conditions.

Potential advantages include immediate reduction of local, referred and widespread pain, and the restoration of range of motion and improved muscle activation patterns.

Common conditions treated include:
- Athletic Overuse Injuries causing
  - Hip and Knee Pain
  - Neck and Back Pain
- Frozen Shoulder
- Tennis Elbow
- Myofascial Pain
- Post-surgical Pain
- Non-Traumatic Tendonitis/Tenosynovitis
- Bursitis & Capsulitis
- Movement Disorders/Dysfunctions
- Plantar Fasciitis/Achilles Tendonitis
- Rotator Cuff Syndrome
- And many other conditions

Turn over to learn additional details about this cutting edge treatment or call our team for more information:

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(203) 679-3533
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