

## Kawartha Lakes Massage Therapy

Kawartha Lakes Massage Therapy - Visceral manipulation is actually a physical therapy that works via the internal visceral organs within the body like for example the stomach, heart, intestines, and liver, etc. After the first evaluation of a person's body has been completed, the practitioner's hands are gently positioned on these organs which are somewhat not moving with the rhythm of a person's body that could initiate physiological issues. The goal of this treatment is to have normal motility and mobility, natural tissue motion of the viscera and tone. Our bodies require natural motion in order to be fit and function at an optimum level. Every time tissues become infected or even inflamed, they are known to lose natural motion.

Mobility is actually defined as the pulling and pushing of all nearby tissue. Visceral organs move in response to different exterior forces which could be either involuntary or voluntary. The functional impairment of the organ implies constraint.

The kinetic expression of the tissues in motion or the organs active, intrinsic motion is actually known as Motility. Inscribed in the visceral tissues are the embryologic axes and directions of all these motions and they happen around a point of stability and moves toward the median axis of a person's body. This is actually known as inspir and expir, and cycles between 7 and 8 cycles per 60 seconds. The very goal of improving organ performance and re-establishing better physiological motion is obtained by making use of certain techniques so as to treat parts of altered or reduced motion.