

## **What is Integrated Positional Therapy (IPT) ...and how does it work?**

IPT skillfully combines the application of two well-established and clinically recognized osteopathic treatment approaches, Strain-Counterstrain (SCS) and Muscle Energy Technique (MET), specifically developed to address chronic and acute neuromuscular pain, and improve muscular-skeletal function and range.

This comprehensive program of recovery from neuromuscular pain, both chronic and acute is a form of manual medicine that addresses both the symptom and the root cause for long lasting relief. It is safe and effective and causes no pain during treatment. It is easy to perform on your self.

There are 3 components to IPT that are essential for success with this program.

**-The root cause must be identified.** The heart of IPT lies in getting the pelvis, “the foundation” of the body, in perfect alignment. If the foundation of a house is not structurally sound the imbalance will show up throughout the entire structure. The same is true in our body. If the pelvis is out of alignment it will affect everything from head to toe.

The root cause of a misaligned pelvis is muscle imbalances.

This simply means that some muscles are too short (typically from over use) and some muscles are too long. In both cases the muscles will feel tight and sore. The short muscle is contracted and tight and the long muscle is overstretched and tight much like an overstretched rubber band. The muscles that are overstretched actually feel more painful and 3-4 times tighter than the short muscle. It is estimated that 80% of all pain that you will experience in your life is related to these muscle imbalances

These muscles that are out of balance can cause a skeletal misalignment. Often that will lead to disc problems, nerve impingements, trigger points, low back pain and/or joint dysfunction.

**-The muscle imbalances need to be treated.** Two osteopathic techniques that were developed in the 1950's are applied to accomplish the rebalancing. Muscle Energy Technique (MET) and Positional Release Therapy (PRT) (also called Strain/counterstrain).

MET is a very powerful tool to quickly and easily lengthen tight, constricted muscles and restore range of motion. It is a form of stretching using active isometric contractions.

PRT (Strain/counterstrain) is also applied to these tight, constricted muscles. In this technique the affected area is passively shortened and held for 60-120 seconds thereby allowing the muscle fibers to effectively reset and return to neutral.

**-The Muscles must be trained to stay in balance.** One of the most important parts of this therapy is that the client must become an active participant in their own healing process. This involves daily stretching, strengthening and slackening of the muscles to train them to stay in balance until the pain is eliminated. These easy to do exercises require about 20 minutes or less a day. Results are sometimes achieved in a few days but it can take up to 8 weeks for the body to rebalance itself. Also recommended are lifestyle changes that will enhance the osteopathic techniques. This includes proper sitting, driving and computer positions. These ergonomic suggestions shorten the recovery time.

IPT was developed over the last 30 years from my clinical observations on what is effective and what isn't. When practiced faithfully the results are often dramatic and long lasting.

Here are some studies that support the benefits of SCS & MET.

To my knowledge there are no studies that take into account both techniques being used together.

What I have found is that both SCS & MET are very effective used alone and even more effective when used together.

- Chaitow L Integrated Neuromuscular Inhibition Technique British Journal of Osteopathy Vol13 1994 p17-20
- Ramirez M et al Low Back Pain - Diagnosis by six newly discovered sacral tender points and treatment with counterstrain technique J American Osteopathic Association 89(7) pp905-913 1989
- Jones L Strain and Counterstrain Academy of Applied Osteopathy Colorado Springs 1981
- Mitchell Sr. FL. 1948 The balanced pelvis and its relationship to reflexes. - See more at: <http://leonchaitow.com/2012/04/21/update-on-muscle-energy-technique/#sthash.kYKFdfcR.dpuf>
- Melbourne, Vic, Australia: 5th World Congress Low Back and Pelvic Pain Lederman E. 1997 Fundamentals of manual therapy. London, UK: Churchill Livingstone; p34.

- See more at: <http://leonchaitow.com/2012/04/21/update-on-muscle-energy-technique/#sthash.kYKFdfcR.dpuf>