

What are Manipulative and Body-Based Practices?

Manipulative and body-based practices encompass a system of therapies that use either manual manipulation or movement of one or more parts of the body to address structural or systematic imbalances of the bones and joints, the soft tissues, and the circulatory and lymphatic systems. Practices include Chiropractic and Osteopathic manipulation, therapeutic massage, and a variety of other "bodywork" therapies.

Therapies provided by Raby Institute include:

- [Alexander technique](#)
- [Bowen technique](#)
- [Feldenkrais method](#)
- [Naprapathy](#)
- [Reflexology](#)
- [Rolfing](#)
- [Therapeutic massage](#)
- [Trager® Bodywork](#)
- [Tui Na](#)

What Conditions Can Manipulative and Body-Based Therapies Treat?

- Accident and sports injury
- Anxiety and stress
- Arthritis / Joint pain
- Asthma
- Chronic fatigue syndrome
- Fibromyalgia
- Headache and TMJ
- Infertility
- Low back pain
- Migraines
- Neck pain/shoulder pain
- Overuse or misuse of the body
- Sinusitis
- Visual problems

When Should I Avoid Manipulative and Body-Based Therapies?

Some types of manipulative and body-based therapies should be avoided if you have:

- Acute raised intracranial pressure
- A recent cerebrovascular accident (stroke)
- A recent fracture of the skull or pelvis

How Can I Find Out More?

To find out more about Manipulative and Body-Based therapy options offered at the Raby Institute for Integrative Medicine, or to [schedule an appointment](#) with one of our licensed practitioners, contact the Raby Institute at 312-276-1212 or info@rabyinstitute.com.

Manipulative and Body-Based Therapies

Trager® Bodywork

Trager® Bodywork is a movement-education approach to understanding and addressing the psychological and emotional roots of muscle tension. The practice involves gently rocking, cradling, and moving the patient's body to encourage the patient to understand that physically restrictive patterns can be changed. Trager Bodywork is meant to promote relaxation and increase mobility and mental clarity.

Alexander Technique

Alexander Technique is a practice of body re-education and coordination through physical and mental exercises focused on teaching individuals ways to improve posture and movement, and to use muscles more efficiently. The principles of the technique are meant to be used while doing any other activity to help individuals gain more physical freedom. These include, but are not limited to: sensory awareness, natural alignment, efficient movement, and conscious control. Practiced on a regular basis, we are able to more fluidly accomplish daily activities.

Feldenkrais Method

The Feldenkrais Method is an educational system centered on movement, body awareness, and coordination. The aim of this method is to help people increase the range of movement, reduce pain or limitations in movement, or help people improve their general well-being by increasing self-awareness and improving the relationship between mind and body.

Naprapathy

Naprapathy is a natural, holistic treatment that utilizes gentle manipulation of the spine, joints, and connective tissues to address neuro-musculoskeletal conditions. Based on the concept that constricted ligaments, muscles, and tendons interfere with nerve, blood and lymph flow, naprapathy uses manipulation of connective tissue to open these channels and restore the body's natural function. Like many integrative modalities, naprapathy adheres to the belief that the body has inherent healing capabilities that can restore a person to optimal health and wellness, and that these innate powers should be supported in non-invasive ways that do not interfere with natural processes.