

Visceral Manipulation developed by Jean-Pierre Barral

Visceral Manipulation (VM) is a modality that assists functional and structural imbalances throughout the body including musculoskeletal, vascular, nervous, urogenital, respiratory, digestive and lymphatic dysfunction. It is an organ specific fascial mobilization technique that evaluates and treats the dynamics of motion and suspension in relation to organs, membranes, fascia and ligaments. Tissue tension lines can cause pulls on the musculoskeletal system. By connecting with these tissue tension lines to facilitate release, VM is often the missing link in chronic orthopedic dysfunctions that have not responded to standard rehabilitation protocols. VM increases proprioceptive communication within the body, thereby revitalizing a person and relieving symptoms of pain, dysfunction, and poor posture.

An integrative approach to evaluation and treatment of a patient requires assessment of the structural relationships between the viscera, and their fascial or ligamentous attachments to the musculoskeletal system. Strains in the connective tissue of the viscera can result from surgical scars, adhesions, illness, posture or injury. Tension patterns form through the fascial network deep within the body, creating a cascade of effects far from their sources for which the body will have to compensate. This creates fixed, abnormal points of tension that the body must move around, and this chronic irritation gives way to functional and structural problems. VM facilitates release of restrictions /restrictive patterns throughout the body, thereby improving posture/body alignment, and thus improve functioning of affected systems. Advanced VM training includes the role of the emotions in causing or maintaining dysfunctional patterns in the body, and vice versa.

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