

COMPARE PHYSICAL THERAPY PROGRAMS

The field of physical therapy (PT) emerged out of the post polio era focusing on bracing, electrical stimulation and exercise. Physical therapy programs around the world have advanced these ***three*** components in various fashions to expand their effectiveness.

The Center for Integrative Manual Therapy of Atlanta (CenterIMT Atlanta) has greatly widened the scope of physical therapy, coordinating a total of ***eight*** unique and essential components into its dynamic recovery program. Following the *Stages of Recovery* model, Dr. Susan Leger orchestrates the timing and sequencing between and within the eight components into your own personal and highly effective recovery program.

What are the 8 essential components?

1. **Integrative Manual Therapy (IMT)**
2. **Sensory Assimilation**
3. **Mind-Body Assimilation**
4. **Biophysiology**
5. **Cold Laser**
6. **Bracing and Taping**
7. **Stage Focused Electrical Stimulation**
8. **Stage Focused Exercise Progression**

1. **Integrative Manual Therapy (IMT)** – IMT is a sophisticated hands-on approach to affecting the structural integrity of your body's anatomy and physiology. IMT was developed by Sharon Giammatteo, PhD, PT in the early 1980's and the field continues to dramatically advance each year. IMT effectively and efficiently shifts your body's external alignments and internal environments providing the opportunity for your body's structure to recover. When your structure recovers you have the opportunity to progress. If your lack of structural integrity is blocking your function, no manner of exercise will move you off of your plateau. You must remember that every cell in your body recovers, based on its internal environment and external demand. IMT is the key to shifting your body's structural integrity to *MOVE* you well beyond the plateau.
2. **Sensory Assimilation** – Combining extensive sensory integration and praxis training with advanced IMT manual skills for structural integrity of receptors and their sensory pathways, CenterIMT Atlanta has the only known Sensory Assimilation program. This exceptional approach couples external demand stimulation with critical internal structural integrity work, to rekindle a person's sensory receptors and feedback pathways. Once the anatomy and physiology of the neural structures are influenced internally, the sensory external stimulations are coordinated with your exercise program. Brushing, pressure, compression, vibration, friction, joint pulls, large and small gymnastic balls and the Power Plate total body vibratory system are just a part of Sensory Assimilation's external demand techniques that are specifically sequenced with Stage appropriate motor demands.
3. **Integrative Diagnostics in Applied Psychosynthesis (IDAP)** – The Connecticut School of IMT (CSIMT) currently has over fifteen unique courses and text books, with hundreds of manual techniques for clearing, balancing and strengthening your Emotion-Mind-Body connection. A few of the techniques are available outside of the school in publications such as *Body Wisdom: Light Touch for Optimal Health* (2002) and *A Body Wisdom Book – Reflection Therapy* (2002), both co-authored by Drs. Sharon (W) Giammatteo and Thomas Giammatteo (ANA Publishing/Dialogues in Contemporary Rehabilitation). CenterIMT Atlanta incorporates the necessary hands-on IDAP techniques, with your own personal patient education component, to support your daily practice of Emotion-Mind-Body techniques. Your daily IDAP process strengthens your internal participation and gives you further control over your positive outcomes.

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4. **Biophysiology** – The field of Biophysiology focuses on optimizing your internal physiology, establishing the availability of the building blocks for recovery. Dr. Thomas Giammatteo (Naturopath, Acupuncture Physician, Chiropractor, and Physical Therapist) is the Medical Director of CenterIMT Atlanta's Biophysiology department. Your individual biophysiology program incorporates nutritional support with any needed elimination process. The book titled *Elimination Diet, A New Health Care Tool*, co-authored by Drs. Sharon (W) Giammatteo and Thomas Giammatteo (ANA Publishing/Dialogues in Contemporary Rehabilitation, 2002), is highly beneficial in this process. Dr. Susan Leger (Doctor of Science, Health Science/Nutrition) refers to this essential part of your Recovery Program as the 'groceries in, garbage out' component.
5. **Cold Laser** – Light therapy for reducing inflammation, facilitating wound healing, and speeding recovery from muscle skeletal injury has come to the forefront in the leading physical therapy programs around the globe. CenterIMT Atlanta is unique in being one of the only programs, outside of Europe, that also utilizes light therapy for the direct stimulation of acupuncture points and the treatment of spinal cord and peripheral nerve injuries.
6. **Bracing and Taping** – Having taught over 200 post graduate level lower extremity orthotics courses, co-authoring a 7-level Ankle and Foot IMT Certification series through the University of Tennessee (co-authors Drs. Sharon and Thomas Giammatteo), and having presented at two World Congresses on lower extremity orthotic management, Dr. Susan Leger is uniquely qualified to address your bracing and taping needs to speed your recovery. *Taping For The Neurologically Involved* (Pediatric Physical Therapy Journal, 1985), was Susan's first contribution in athletic taping to stabilize and stimulate the neurologically involved. Keeping current with advancements in taping, including Kinesio® Taping (www.KinesioTaping.com), have made CenterIMT Atlanta a leader in the field.
7. **Stage Focused Electrical Stimulation** – Neuromuscular electrical stimulation (NMES) which causes a muscular contraction, along with transcutaneous electrical nerve stimulation (TENS) which numbs a region, have been established protocols in PT for many decades. As a TES Instructor, Dr. Susan Leger advances the use of Dr. Karen Pape's work on Threshold electrical stimulation (TES) for the sensory development, physiologic stimulation and muscle growth in adults and children with muscle weakness. CenterIMT Atlanta is the only known program to utilize TES with spinal cord injured (SCI) persons. CenterIMT Atlanta focuses both your motor (NMES) and sensory (TES) stimulation perimeters to your current Stage of Recovery, making your progression to the next Stage not only possible, but also effective and efficient.
8. **Stage Focused Exercise Progression** – Recovery has a predictable pattern of progression that resembles the normal developmental sequence. As a Certified Neuro-Developmental Treatment (www.NDTA.org) Physical Therapist, Dr. Susan Leger evolved a developmental approach to exercise progression that assesses your current Stage of Recovery, and focuses your exercise perimeters to that particular Stage. The emphasis is to build off of your particular strengths and specifically build your program to move you to the next Stage of Recovery. The Stages of Recovery, as well as the Stage Focused Exercise Progressions, were first developed by Dr. Susan Leger in the late 1990's and have continued to evolve on a daily basis.