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¹Manual Therapy Foundation of India, India²The Indian Association of Physiotherapists, India

Manual therapy for the cervical and thoracic region dysfunctions

Cervical and thoracic region dysfunctions are more prevalent in society in present era. It is primarily due to the position adapted in the work place and also the sedentary life style of the individuals. Neck pain is a common condition, with a 12-month prevalence of 30% to 50% and rates of activity-limiting pain of 1.7% to 11.5%. Recent interest in the thorax from a clinical perspective has been related to the recognition of the thoracic spine and ribs not only as a source of local and referred pain but also the influence of thoracic spine mobility on movement patterns in other regions of the spine and the shoulder girdle. Spinal manipulation/mobilization combined with exercise is effective for chronic non-specific neck pain. Thoracic spinal manipulation/mobilization is effective for acute/ sub-acute non-specific neck pain. In the workshop manual therapy techniques for the cervical region comprising of central P-A glide, cervical A-P glide, lateral P-A glide, transverse glide, high velocity low amplitude thrust techniques (HVLAT) will be demonstrated. For the thoracic region thoracic P-A glide, lateral glide, rib cage mobilization and thoracic region high velocity thrust techniques (HVT) will be demonstrated in the workshop.

Biography

Umasankar Mohanty, BPT (HONS), MPT (Manual Therapy), PhD, MISEP, MIAP, FAGE, is the President of Manual Therapy Foundation of India® and The Indian Association of physiotherapists. He has completed his Bachelor's degree in Physiotherapy from premier institute of India SVNIRTAR, Cuttack in 1998 and completed Master's in Manipulative Therapy from Manipal College of Allied Health Sciences, Manipal in 2001. He has completed his PhD from Mangalore University from the Dept. of Physical Education and Sports in 2012. He has 37 publications in international reputed journals and magazines. He has one million visitors in Youtube for his manual therapy videos. He is the author of the books titled "Manual Therapy of the Pelvic Complex, A compendium of illustrated manual therapy techniques" and "Manual Therapy of The Shoulder Complex". He is an international acclaimed Manual Therapy Teacher and has trained 13,762 Physiotherapists across the globe and PhD guide at Lovely Professional University, India.

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