

Comparison of Healing Modalities

	Physical Therapy	Chiropractic	Hanna Somatics	Somatic Ex	Feldenkrais	Feld. Ex.	Rolfing
PRIMARY INTENDED IMPROVEMENT							
pain reduction	slow/temporary	temporary	rapid	moderate	cumulative		variable
movement rehab	slow/cumulative	temporary	rapid	moderate	cumulative	slow	cumulative
strengthening	rapid	temporary	rapid	rapid			
flexibility	slow/cumulative	temporary	rapid	moderate	cumulative	cumulative	cumulative
full range of muscular control			rapid	moderate			
contraction	rapid		rapid	moderate		cumulative	
relaxation	temporary		rapid	moderate	cumulative	cumulative	
improved joint mobility	slow/cumulative	temporary	rapid	cumulative	cumulative	cumulative	rapid
more efficient coordination			rapid	cumulative	cumulative	cumulative	cumulative
improve balance (movement)	slow/cumulative		cumulative	cumulative	cumulative	cumulative	rapid
improve physiological efficiency		temporary	rapid	cumulative	cumulative	cumulative	rapid
core integration			cumulative	cumulative	slow	cumulative	cumulative
toning (tightening muscles)	rapid						
METHODS							
movement exercises	therapeutic exercises						
neurological training							
electrical stim/heat/cold/ultrasound							
equipment needed		activator					
hands-on tissue manipulation							
manual adjustments							
forcible stretching	traction						
resistance training	weights		pandiculation				
pressure points/needles							
ATTRIBUTES							
rapid improvement							
durable improvement							
slow improvement							
predictable number of sessions							
procedures need repetition (typically)							
procedure regulated by client & practitioner	sometimes						depends
client/patient pasive	mostly						
client/patient taught self-control	posture instruction						
self-help / self-care							
dependent on a practitioner							
within comfort zone/tolerance	some modalities						can be
invasive	some modalities	sometimes					
MAIN FOCUS							
integration of movement/sensation							
muscles/soft tissue							
skeletal system							
nervous system							
range of motion							
posture / structural alignment							
strength							
flexibility							
control / coordination							
energetic balance							
mind-body integration							

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[illegible]