Comparison of Healing Modalities

			ig ivioualities				
DDIMARY INTENDED IMPROVEMENT	Physical Therapy	Chiropractic	Hanna Somatics	Somatic Ex	Feldenkrais	Feld. Ex.	Rolfing
PRIMARY INTENDED IMPROVEMENT		.		maderate	ourseletter		variable
pain reduction	slow/temporary	temporary	rapid	moderate	cumulative	ala	
movement rehab	slow/cumulative	temporary	rapid	moderate	cumulative	slow	cumulative
strengthening	rapid	temporary	rapid	rapid			a constitution
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		
improved joint mobility	slow/cumulative	temporary	rapid	cumulative	cumulative		rapid
more efficient coordination			rapid	cumulative	cumulative		
improve balance (movement)	slow/cumulative		cumulative	cumulative	cumulative	cumulative	rapid
improve physiological efficiency		temporary	rapid	cumulative	cumulative	cumulative	rapid
core integration		a constant	cumulative	cumulative	slow	cumulative	cumulative
toning (tightening muscles)	rapid						
METHODS							
	therapeutic exercises						
neurological training							
electrical stim/heat/cold/ultrasound							
equipment needed		activator					
hands-on tissue manipulation		dollydiol					
manual adjustments							One the second second second
forcible stretching	traction						
resistance training	weights		pandiculation				
pressure points/needles	Weights		paridiculation				
pressure points/needies							
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						
1 1							
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		-					

Comparison of Healing Modalities

Pilates	Massage	Trigger Point	Acupuncture		PNF	OrthoBionomy			Biofeedback	Tai Chi	CranioSacral Therap
	temporary	temporary	cumulative	slow	slow	variable	temporary	slow	cumulative		
variable	slow	slow					1				
rapid											
slow	temporary			cumulative		cumulative	cumulative	cumulative			
rapid				rapid	rapid			cumulative		cumulative fast	
	temporary	temporary		cumulative		cumulative			cumulative		rapid
	topordi.j	temperary		slow		cumulative			Camalaavo	cumulative	
umulative					slow		slow	cumulative		cumulative	
				slow	slow		slow	cumulative		cumulative	
uporficial			cumulative	alaur					cumulative		
uperficial rapid				slow	=			cumulative		cumulative	
					(ASSESSED		mentastics				
reformer	oils, table	injections					table	a	EMG / EEG		
			-								
reformer						3					
	=				,						
							mentastics	5			
							mentastics				
optional							table work		I.		
	should be sometimes			should be	should b	е				should be	
(A)	Someumes			7							
											-
											2
					,						