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What is manual therapy?



At its simplest, manual therapy refers to any number of hands-on interventions delivered by your provider to improve your pain and function. A well-trained provider, however, utilizes a strong clinical framework to determine what is most likely causing your symptoms (or what combination of things may be) and how to most effectively manage these symptoms, often including hands-on interventions. Take a look, especially at some forms of treatment you may not be as familiar with.



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What we offer



Dry Needling



Spinal Mobilization and Manipulation



Joint Mobilization and Manipulation



Soft Tissue Mobilization



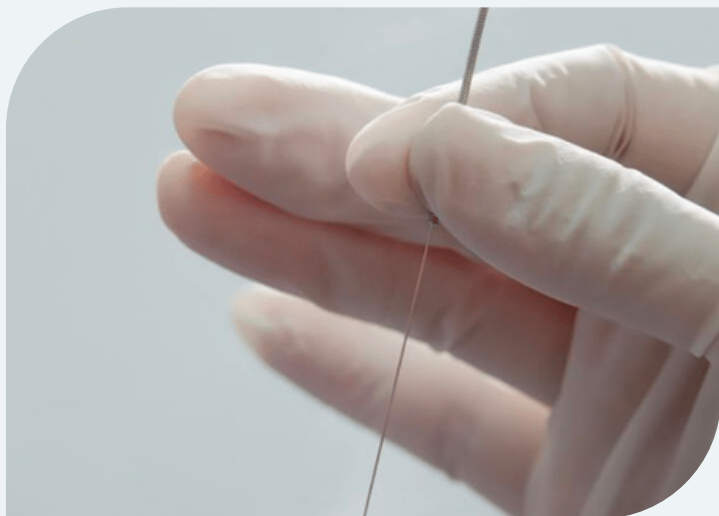
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Dry Needling



What is dry needling?

The short of it – this intervention technique involves the insertion of a fine filament needle into soft tissues to reduce your pain and improve function. Interested in learning more? Check out the QR!



Some diagnoses that dry needling can help



Neck pain

Chronic back pain



Headaches



"Tennis elbow" (lateral epicondylalgia)

Rotator cuff- and biceps-related shoulder pain

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Spinal Mobilization and Manipulation



A Common Component of How We Treat

Did you know that a large volume of the existing research regarding spinal mobilization and manipulation has been conducted by physical therapists? Non-thrust and thrust manipulation are commonly taught in entry-level doctorate programs. Our providers are all at least residency-educated and have undergone extensive continuing education so that we can more effectively perform these interventions to help you feel and move better. In fact, some of our providers are involved in teaching others regarding the best current evidence and how to more effectively perform these techniques.

Common uses

Diagnoses like cervicogenic headaches (i.e., headaches caused by the upper neck), acute neck pain, acute low back pain, and beyond have good research to support. In fact, a team of physical therapists lead some of the strongest research we have available showing benefit of the use of thrust manipulation in acute low back pain — a group our providers have been fortunate enough to work with through residency and fellowship specialty education.



Not just for spinal pain

Our current understanding suggests that changes to how our nervous system functions are what lead to reductions in pain and improvements in function. Interestingly, there are common trends supporting the use of things like cervical manipulation for shoulder pain, tennis elbow, and carpal tunnel syndrome. Again, it cannot be emphasized enough that much of our research for a good many diagnoses suggests that manipulation needs to be **one piece** of what we do, but certainly research supports its role in managing musculoskeletal pain.

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Joint Mobilization and Manipulation



Evidence with Osteoarthritis

We're fortunate to have close colleagues who have been involved or lead research efforts to better understand how our hands-on interventions can help with joint issues. Recent research has demonstrated benefit with diagnoses like hip osteoarthritis and knee osteoarthritis.



Generally Not an Isolated Treatment

While some studies particularly for hip and knee osteoarthritis have shown some benefit even just with the manual interventions, ultimately structured, graded exercise and lifestyle changes appear to be important to achieve long-term changes in pain and function. We see a similar pattern with spinal manual therapy. Fortunately, we are equipped to provide all of these interventions for your ultimate success.

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