

# INNER CIRCLE Insights

## What is Alternative Physical Therapy?

Alternative physical therapy is a form of treatment that combines traditional strength, endurance & flexibility training with a specialized set of “hands on” techniques developed specifically to enhance the overall effectiveness of the treatment. Therapists at Inner Circle are trained in multiple techniques including myofascial release, craniosacral therapy, acupuncture, muscle energy and upper/lower nerve tension. These therapists apply their knowledge with a focused awareness and treat every person like an individual greatly enhancing the overall effect.

So now you are wondering why you've never heard of these techniques before. Well, the answer is simple, these techniques are relatively new to the mainstream. As with anything new it takes time to gather strength and flexibility before becoming the “new” wave. However it won't be long before these techniques become widely accepted by both medical professionals and their patients as the truest form of healing known. Therapists at Inner Circle practice these techniques in a gentle but excitingly effective manner. The therapist expands their thoughts to effectively understand the wholeness and connectedness of the entire individual rather than reducing it to a single diagnosis. This represents a powerfully effective addition of concepts and techniques to already established medical knowledge. Often health professionals of the traditional model ignored the importance of an entire physiological system, the fascial system. This system profoundly influences all other systems and structures severely limiting the effectiveness and lasting quality of our efforts.

Society also plays a part by consistently looking for the quick fix whether it is manipulation or medication. Unfortunately, it is never that simple. Fascia is a tough connective tissue, which spreads throughout the body in a 3 dimensional web from head to toe without exception. It surrounds every muscle, bone, nerve, blood vessel and organ of the body. These fascial restrictions caused by trauma, injury and stress can exert tremendous pressures on pain sensitive structures (i.e. bone, nerve, muscle & organs). This can cause malfunction or pain throughout the body with seemingly no pattern (i.e. fibromyalgia, chronic pain). Symptoms are not the problem, but signs of a problem that may require treatment beyond where they are signaling. In fact, each trauma causes an inflammatory reaction that leads to a fascial restriction that causes an adaptation, which could cause a problem. If that restriction doesn't cause an observable problem it becomes another layer to the makeup of the individual. As layers continue to be added eventually multiple physical problems arise causing dysfunctions or pain.



For those of us with multiple problems/painful areas, this may explain the continual downward spiral of our health. For those of us just beginning to experience problems (i.e. children) it will increase our awareness to the importance of proper, early intervention. Unfortunately, a high percentage of people with fascial problems go undiagnosed because of lack of evidence. Standard testing such as x-rays, myelogram, and CAT scans do not show these restrictions nor would they show the deep interrelationship of the fascia with the entire body system.

Professionally yours,  
Timothy M. Alloway, MSPT

*For an appointment please call (215) 860-3623*

*“The Natural Force Within Each of Us  
is the Greatest Healer of Disease” – Hippocrates*