

What is Visceral Manipulation?

Thanks to Jean-Pierre Barral, an osteopathic physician and registered physical therapist, healthcare practitioners today can use the rhythmic motions of the visceral system as important therapeutic tools.

Barral's research and clinical work with the visceral led to his development of a form of manual therapy that focuses on the internal organs, their environment, and their potential influence on many structural and physiological dysfunctions.

Visceral Manipulation is used to locate and solve problems throughout the body. It encourages your own natural mechanisms to improve the functioning of your organs, dissipate the negative effects of stress, enhance mobility of the musculoskeletal system through the connective tissue attachments and influence general metabolism.

Visceral Manipulation is based on the specific placement of soft manual forces to encourage the normal mobility, tone and motion of the viscera and their connective tissues. These gentle manipulations can potentially improve the functioning of individual organs, the systems the organs function within, and the structural integrity of the entire body.

Harmony and health exist when motion is free and excursion is full – when motion is not labored, overexcited, depressed, or conflicting the neighboring structures and their mobility. Therapists using Visceral Manipulation assess the dynamic functional actions as well as the somatic structures that perform individual activities. They also evaluate the quality of the somatic structures and their functions in relation to an overall harmonious pattern, with motion serving as the gauge for determining quality.

Due to the delicate and often highly reactive nature of the visceral tissues, gentle force precisely directed reaps the greatest results.