

Manual therapies	Techniques	Description	Clinical Applications/Indications**
Massage	Acupressure/Shiatsu/reflexology	Focuses on pressure points according to meridian lining to restore balance to patient's qi (energy force)	Acupressure: Nausea/vomiting in pregnancy and chemotherapy, Labor pain, dysmenorrhea, fatigue, insomnia, restless leg syndrome, lymphedema, trigger points, fibromyalgia, labor induction. Reflexology: Anxiety, depression, pain, restless leg syndrome, hypertension, Sleep, chemotherapy induced nausea, fatigue
	Tuina	Chinese massage that involves using the fingers, knuckles, hands, elbows, and feet for treating tender pressure points and tight muscles and works via endorphin release and increased blood circulation to a dysfunctional region to reduce muscle tension. ¹⁹	Infections, MSK disorders, insomnia.
	Deep tissue massage	Usually targets tense, contracted muscles	Musculoskeletal pain, muscle adhesions, tender points, insomnia.
	Swedish massage	A gentler form of manual treatment.	Musculoskeletal pain, insomnia, Fibromyalgia.
OMT ²⁰	Muscle Energy	Uses the patient's voluntary muscles force in a controlled position and direction against the physician's counterforce ²⁰	Musculoskeletal pain, pelvic pain, primary dysmenorrhea, PCOS, Radicular symptoms, Lower extremity range of motion
	Strain-Counterstrain	Indirect treatment method where a myofascial tender point is found, and patient is placed in a position of ease until there is spontaneous tissue release. ²⁰	Tender points, Low back pain, neck pain, pelvic pain, hip pain, radicular symptoms, lower extremity range of motion.
	Myofascial Release	Alleviate restriction through palpatory feedback either into the restriction or away from the restriction. ²⁰	Tender points, Lymphedema, Fibromyalgia, adolescent idiopathic scoliosis, Scar tissue adhesions.
	Facilitated positional release	Uses the position of ease with application of an activating force to relieve dysfunction. ²⁰	Low back pain, neck pain, pelvic pain, hip pain, radicular symptoms, lower extremity range of motion.
	Lymphatic drainage	Techniques to remove impediments to lymphatic circulation and improve lymphatic flow. ²⁰	Upper respiratory infections, cancer symptoms in children, breast cancer swelling in deep cervical lymph nodes, muscle recovery post-exercise, Fibromyalgia.
	Balanced ligamentous tension	Treatment method where the tissue is placed into a position of equal tension in all planes until spontaneous tissue release. ²⁰	Low back pain, neck pain, pelvic pain, hip pain, radicular symptoms, lower extremity range of motion
	Craniosacral	Uses the primary respiratory mechanism and balanced ligamentous tension to improve mobility of the intracranial and interspinous membranes as well as the mobility of the cranial bones ²⁰	Migraines, chronic headaches,
	High-velocity, low-amplitude (HVLA)	Direct technique where the restrictive barrier is engaged in more than one plane of motion and then rapid, therapeutic force of brief duration over a short distance is applied. ²⁰	Restrictive range of motion in the spine, pelvis.
Chiropractic Manipulation	Chiropractic Adjustments	Focuses on spinal manipulation using a high-velocity, low-amplitude (HVLA) thrust to spinal segments	Vertebral Subluxation Complex, Chronic mechanical back pain, decreased range of motion in the spine, adolescent idiopathic scoliosis.
		High-velocity, low amplitude instrument or equipment assisted manipulation	

**Clinical applications/indications column does represent an exhaustive list of conditions treated with these techniques