

Manual Treatments – Table 2

Manual therapies	Conditions treated	Evidence
Acupressure	Nausea/Vomiting in pregnancy and chemotherapy	Grade A
	Labor pain	Grade C
	Dysmenorrhea	
	Fatigue	
	Insomnia	
	Restless leg syndrome	
	Lymphedema	
	Trigger points	
	Fibromyalgia	Insufficient evidence for grade classification
	Labor induction	
Reflexology	Anxiety	Insufficient evidence for grade classification
	Depression	
	Pain	
	Restless leg syndrome	
	Hypertension	
	Sleep	
	Chemotherapy Induced Nausea	
	Fatigue	
Chest Physiotherapy	Cystic fibrosis patients	Insufficient evidence for grade classification
Spinal Manipulation, Mobilization	Chronic mechanical neck pain	Grade B
	Adolescent idiopathic scoliosis	Insufficient evidence for grade classification
Myofascial Release in the lumbar spine	Myofascial release (MFR) and OMT on the thoracolumbar fascia was able to immediately effect the spine shape parameters, leg length discrepancy and kyphotic angle in low back patients. <sup>48</sup> MFR did show moderate evidence of improvement in pain, physical function and quality of life in chronic low back pain patients. <sup>49</sup>	Insufficient evidence for grade classification
Manual and manipulative therapy	Carpal Tunnel	Grade B
	Shoulder pain and shoulder girdle disorders	Grade B
	Lower extremities (hip osteoarthritis, plantar fasciitis)	Grade B
	Lateral ankle sprain	Grade 1B
	Pelvic floor dysfunction	Insufficient evidence for grade classification
	Coccydynia	
Mobilization and manipulative therapies	Tendinopathy	Insufficient evidence for grade classification
Lymphatic drainage	Upper respiratory infections	Grade C
	Cancer symptoms in children	
	Breast cancer swelling in deep cervical lymph nodes	
	Muscle recovery post-exercise	Insufficient evidence for grade classification
	Fibromyalgia	
Myofascial Release	Lymphedema	Grade C
	Fibromyalgia	
	Adolescent idiopathic scoliosis	
	Scar tissue adhesions after breast surgery, post C-section and chronic caesarian scar pains	Grade C
Massage	Weight gain in preterm infants	Insufficient evidence for grade classification
	Prenatal depression	
	Preterm infants	
	Full-term infants	
	Autism	
	Skin conditions	
	Arthritis	
	Fibromyalgia	
	Hypertension	
	Asthma	
	Multiple Sclerosis (pain, sleep, fatigue)	
	Cancer and Cancer pain	
	Parkinson's Disease	
	Dementia	
Pain reduction in partum patients		
Thiele Massage	Pelvic floor pain	Insufficient evidence for grade classification
	Sexual function	
	Dyspareunia	
OMT	Low back pain	Insufficient evidence for grade classification
	Pelvic pain	
	Primary dysmenorrhea	
	PCOS	
	Menopause	
	Radicular symptoms	
	Lower extremity range of motion	
	Chronic coccydynia	