



## Abdominal Visceral Mobilizations

Visceral Mobilizations is a specialized form of manual therapy focused on treatment of the organs located in the abdominal and chest cavity. Your massage therapist is trained to detect subtle discrepancies of normal organ (visceral) motion which can be caused by abnormal tone, adhesion or displacement of various organs. When abnormal motion is present within or around an organ, the complex network which encompasses the abdomen is affected. The organs are unable to move in harmony with each other, perpetuating pain, discomfort or decreased function.

It has been well documented that emotions affect our body function. Emotional upset sends messages from the brain to our organs causing symptoms ranging from slight spasms of the gallbladder to nausea and vomiting. After the organ has received this message of negativity and has responded with tension, it sends a message back to the brain confirming tension and negativity perpetuating a cyclic pattern of irritation. Visceral Mobilizations can disrupt the cycle allowing the organ to relax out of it's dysfunctional pattern which helps relieve upset in the brain.

Visceral Mobilization techniques are gentle and relaxing. Your therapist will gently assess for small changes in organ motion following the lines of tension created throughout the abdomen. Gentle pressure is applied to the organ to engage surrounding tissues, encouraging them in the direction of ease. This allows the fascial network which surrounds the organ tissues to release and create space for the organ to move more freely in the abdominal cavity. When an organ is free to move, it's function increases and fascial attachments to surrounding structures are released which may relieve pain.

Patients are not always aware that organs are not functioning properly as pain is usually the last symptom of dysfunction. Your therapist is trained to identify potential dysfunction regardless of whether you are experiencing noticeable symptoms or not. Visceral Mobilizations have been the answer to many patients' chronic pain and postural distortions.

Visceral Mobilizations can benefit:

- Digestive disorders
- Chronic back and hip pain
- Acid Reflux and Heartburn
- Swallowing difficulties
- Whiplash symptoms
- Restricted range of motion
- Bladder incontinence
- Anxiety
- and much more

Melissa Cullen has trained with the Upledger Institute and Barral Institutes which base their training on the teachings of the founder of this manual therapy, Dr. Jean-Pierre Barral, a Physical Therapist and Osteopath. Melissa has hands-on experience treating dysfunction in all the visceral organs including the esophagus, intestine, larynx, lung, liver and bladder.

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