

# Visceral Manipulation

## Easing tension and promoting effective movement

Visceral manipulation therapy has been practiced in Tibet for over two centuries; however, it gained international recognition when it was improved upon by a French osteopath named Jean-Pierre Barrall.

Today visceral manipulation is practiced by various medical and alternative health professionals - for instance your [massage therapist](#), physical therapist, chiropractor, [osteopath](#) or even your medical doctor may practice this type of treatment.

The main purpose of visceral manipulation is to enhance the normal mobility and motion in the body's organs after it has suffered severe trauma - perhaps due to an accident or fall. It is well-known among medical professionals that hyper-tonicity, displacement and adhesions can all cause our organs to work against each other, creating chronic irritation and abnormal points of tension.

When the abdominal cavity is compromised (this occurs when the ligaments shift out of place for whatever reason), the body's organs are unable to move freely - and thus unable to work efficiently and to their full capacity.

Visceral manipulation locates the misplaced ligaments and encourages your body to improve the natural functioning of your organs, by easing stress within the body. It's amazing how much of a negative impact that stress can have on the human body.

During a visceral manipulation therapy session the practitioner will gently massage the body's deep tissues - encouraging the body's visceral system (liver, kidneys, intestines, heart and so on) to release stress and tension. As a result the organs will glide freely, and with less tension. Now the body can begin to work as a whole, functioning more effectively overall.

Your first visceral manipulation appointment can last up to 45 minutes in length. You may be asked to sit in a [massage chair](#) or lay on a [table](#) - depending on your therapist. They will then use their hands to apply deep tissue massage in order to locate restrictions or blockages in your body. This is done by testing the motion of your ligaments. Once a ligament is identified as restricted, the therapist will gently massage the area to release tension within.

### **In addition to being extremely relaxing, visceral manipulation will:**

- Improve your range of motion
- Greatly improve mood by releasing serotonin (the feel-good hormone) in the brain.
- Ease chronic back and joint pain
- Ease tension and [stress](#)
- Help heal injuries and strains
- Aid indigestion
- Ward off infection
- Help relieve headaches and migraines
- Improve virility in men