

Foot Mobilisation/Manipulation Therapy

Foot Mobilisation/Manipulation Therapy (FMT) comes from 'manipulative therapy' modalities. The practice of FMT is a specifically developed form of manual therapy aimed at assisting in healing your foot and leg pain.



FMT targets the joints of your foot and ankle, which are stiff, poorly aligned or dysfunctional and aims to gradually restore the way they work. This is achieved through a series of 'hands on' treatment sessions in conjunction with a specific exercise regime.

FMT works naturally and holistically with your body.

Together, joint mobilisation/manipulation and corrective exercise ensures that your body is in the best position possible to undertake its own natural repair process. Every time you partake in foot mobilisation/manipulation, you will experience:

- Joint mobility improvements by freeing the area of adhesions and other restrictions that are preventing mobility
- Postural stability will be enhanced through promoting the body's proprioceptive (balancing) system to work better
- Muscles around the joint will become stronger by increasing the muscle to nerve messages
- The pain messages that are sent to the brain will also be decreased via joint stimulation

The best thing about FMT is that treatments can produce results that last between 48 to 72 hours. If you have treatment regularly, results are experienced for longer periods of time.

About the treatment:

Most patients require 2 visits per week for 3 weeks then 1 visit per week for the following 3 weeks. Some patients may require longer than 6 weeks for their initial treatment. After this time, regular 4-6 weekly treatments will help to maintain your new, better functioning foot and ankle joints.