

Download Maitland Manual Therapy

The IMTA is committed to standardising, developing and disseminating the Maitland® Manual Therapy Concept, and to supporting physiotherapists in its application. According to the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) Description of Advanced Specialty Practice (DASP), orthopaedic manual physical therapy (OMPT) is defined as: Introduction. This page is designed to look at the general background of mobilisations, the effects, mechanisms and contraindications. We have only selected one movement of the lumbar spine to focus on in terms of specific techniques, however the theories behind the techniques can be transferred to most other techniques.