

# Services

## Maitland Manual Therapy

At Restoration Physical Therapy, we are trained to deliver a unique and comprehensive manual therapy approach to treating painful joints developed by G. D. Maitland from Auckland, New Zealand.

The therapy is based on a series of passive mobilization techniques for every joint in the body, including gentle methods aimed at relaxing irritable joints and tissues as well as more vigorous approaches to the manipulation of specific joint lesions.

The Maitland techniques are known the world over for their success not only in reducing pain but also in reducing abnormal joint mechanics. They are often used at Restoration PT with patients following surgery and those who have been immobilized due to injury or illness for a lengthy period of time.