

Intramuscular Manual Therapy (IMT)

What is Intramuscular Manual Therapy (IMT)?

Intramuscular Manual Therapy (IMT) is an effective treatment used by trained physical therapists for individuals suffering from chronic pain and neuromuscular dysfunction. IMT involves the use of a thin filament needle briefly inserted into the region of your muscle's trigger point. This results in a local twitch response in your muscle that releases tension and pain. The muscle's trigger points are deactivated and shortened muscles are "loosened", resulting in reduced pain and restoration of normal muscle length and function.

How does IMT work?

Trigger points can develop in your muscles from various stresses, including postural and repetitive movements, muscle compensation from previous injuries, and emotional stress. When trigger points have a twitch response from the fine filament needle, normal function is restored to the muscle. A clean needle technique is used and all needles are sterile. When IMT is used as part of your physical therapy treatment, IMT can provide immediate and long-lasting relief of pain and speeds up your recovery from injury and returns you to function faster!

Who provides IMT treatment?

Several Northern Rehab physical therapists have gone through extensive IMT training. You can learn more about IMT treatment by speaking to your physical therapist, calling us at (815) 756-8524, or visiting our website at www.northernrehabpt.com to learn more!



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