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COMT: Body Mechanics is a 2-day (16-hour; 16 CE credit hours awarded by the NCBTMB) hands-on workshop that teaches the science and art of employing proper body mechanics; in other words, COMT: Body Mechanics teaches how to use our body when performing manual therapy techniques. With this workshop, you will sharpen and master the ability to reason through how to employ effective body mechanics with each of the various hands-on assessment treatment techniques that exist.

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Myofascial Manipulation - Specific manual work designed to stimulate the release of hyaluronic acid (a natural chemical in the body that binds to water molecules to form a gel which provides lubrication to joints and connective tissues) to improve movement of the connective tissue (fascia) upon the muscles (and other structures) allowing them to glide which will improve movement.

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~~Manual Therapy | The body mechanics 2~~

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The Body Mechanics Physical Therapy is a full service out-patient clinic owned and operated by Dr. Janelle Biele DPT, CLT, LSVT Big. Dr. Janelle is a licensed physical therapist and has been treating patients for over 17 years. She provides dedicated personal attention and customized care for her patients with a results oriented treatment regiment.

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In this Post: How to have proper body mechanics for massage therapists is an important piece to ensure longevity in the field. Learn 11 tricks for having good alignment. Proper body mechanics are essential for massage therapists! By utilizing correct alignment, you are helping ensure longevity in your career.

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~~Bannock's Body Mechanics - Hamilton Osteopathy, Osteopath~~

Body Mechanics for Manual Therapists: A Functional Approach to Self-Care, Second Edition by Barbara Frye LMP GCFP

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Body Mechanics and Therapist Self-care 3 Support your joints at all times, and make sure they are properly aligned. Keep your body as relaxed as possible Minimize muscular effort-use your body weight. Too much muscular effort is felt as invasive by receivers and they start to resist you're your effort by tensing somewhere in the body.

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