

Discover
Neural Manipulation
Achieve
Optimal
Health



What is Neural Manipulation (NM)?

“Neural” refers to the nervous system of the body, which includes the brain, spinal cord and peripheral nerves. This delicate system acts as a communication highway throughout the body, and when it is not operating properly, pain and loss of function can result. Neural Manipulation, or NM, identifies local nerve restrictions and fixation while examining their effects on the rest of the body. The application of gentle NM techniques re-establishes communication in the body, and improves its ability to adapt and restore itself to optimal health.

How Many Sessions Does it Take?

As each person’s situation is different, the number of visits will vary. Many people experience significant improvement within three to five therapy sessions; others may require additional treatment. You and your practitioner will develop a plan based on your needs and how your body responds to treatment.

What Does it Feel Like?

NM is a soft, hands-on manual therapy. Underneath the pain or diagnosis is a compensatory pattern created in the body with the initial source of the dysfunction often being far from where the pain is felt. Because of this, the practitioner searches for this pattern and the source, and treats the related tissues. The treatment is comprised of precise gentle engagement, mobilization and elongation of the soft tissues and most specifically, the nerves. As the source of a problem is released, symptoms will start to decrease. Reaction and response time can vary with each Neural Manipulation treatment.

“I had low back pain for several months. The therapist I went to applied Neural Manipulation to release my sciatic nerve. Later that day I realized that my back pain was almost gone and I had not felt that good in weeks.”

D.S., Danvers, MA

How Did Neural Manipulation Begin?

Jean-Pierre Barral is an Osteopath and Registered Physical Therapist from France. He initially developed Visceral Manipulation, a manual therapy focusing on the internal organs of the body, which he began teaching in the United States in 1985. In addition, Jean-Pierre Barral, DO, MRO(F), RPT and Alain Croibier, DO also an Osteopath from France, began to further study trauma and the consequence of trauma on tissues of the body. They discovered that any trauma to the body impacts and elicits a reaction from the entire Nervous System.

As a result, they developed therapy techniques specific to the Nervous System, which lead to “Neural Manipulation” being taught in the United States beginning in 1999.

Since then, Barral and Croibier have trained practitioners around the world in their Neural Manipulation techniques. They have also authored numerous textbooks on this subject for healthcare professionals, including Manual Therapy for the Peripheral Nerves, Manual Therapy for the Cranial Nerve and Visceral Vascular Manipulation.

Jean-Pierre Barral has also authored a book for the general public, Understanding the Messages of Your Body, which discusses the important link between our organs, emotion and health.

Today, a wide variety of healthcare professionals perform Neural Manipulation. Practitioners include osteopathic physicians, allopathic physicians, Doctors of Chiropractic, Doctors of Oriental medicine, naturopathic physicians, physical therapists, occupational therapists, massage therapists, rolfers and other licensed body workers.



Jean-Pierre Barral, DO, MRO(F), RPT

TIME magazine named Jean-Pierre Barral, “one of the Top Healing Innovators to watch in the new millennium.”





Neural Manipulation Benefits:

- Lower Back Pain & Sciatica
- Headaches & Migraines
- Carpal Tunnel Syndrome
- Joint Pain
- Digestive Disorders
- Post-operative Scar Tissue Pain
- Swallowing Dysfunctions
- Thoracic Outlet Syndrome
- Whiplash Injuries
- Birth Injuries
- Neuralgia & Neuritis
- Tendonitis
- Sprains & Traumatic Lesions
- And More



What is Nerve Fixation?

In the body, a nerve functions correctly only when it is able to move freely within its surroundings. Nerves can become “fixed,” or dysfunctional due to many reasons: physical trauma, surgeries, sedentary lifestyle, infections, pollution, bad diet, poor posture and pregnancy/delivery. When “fixed,” a nerve cannot glide and/or stretch as we move our body, causing sensitivity, pain and reduced optimal health.

Optimal health relies on a harmonious relationship between the different systems of the body – such as the nerves/nervous system, organs and their support tissues and other structures. When nerve fixation occurs in one location, the body is forced to compensate elsewhere. This disharmony creates wider spread restriction, abnormal points of tension and chronic irritation that over time can add up to functional and structural problems – musculoskeletal, vascular, nervous, urinary, respiratory and digestive, to name a few.

An NM therapist identifies specific nerve fixations and their global impacts on the body. Through application of the gentle and specific NM techniques, the patient’s body becomes less bound by dysfunctional patterns allowing it to achieve a better state of optimal health.

Importance of Proper Nerve Function

Your body is made up of many interrelated components such as bones, muscles, internal organs (viscera), thin connective tissue (fascia) and nerves. The Nervous System is made up of the brain, spinal cord and a network of peripheral nerves. It serves as a communication and information system throughout the body and between all of its tissues. More specifically, peripheral nerves connect all tissues and organs with the brain and spinal cord. Did you know that in a split second, peripheral nerves send messages to the brain from a billion stimuli? This information exchange enables the brain to react quickly and accurately. This is just one example highlighting the need for your nerves to function properly.

As with other tissues and systems in the body, when the Nervous System becomes dysfunctional, it will cause the body to protect or compensate to help that area. Neural dysfunction also diminishes the Nervous System’s responsiveness to dysfunction in all other tissues, hindering the body’s ability to utilize its own, innate self-corrective capabilities. This makes the body’s constant search for equilibrium more difficult.

A nerve only functions correctly when it is able to move freely within its surrounding structures. Neural Manipulation therapy can facilitate proper nerve conductivity and functionality with manual techniques. NM therapy identifies and releases dysfunctional tensions and pressures in the body, thus allowing the body to make a focused, healing response that in turn results in positive changes throughout the entire body.

In essence, NM therapy improves communication within the body, thereby alleviating pain related to a dysfunction.

Therapeutic Results

“I had Carpal Tunnel Syndrome and my doctor wanted to do surgery. I was referred to a practitioner who applied Neural Manipulation. I am doing much better and have canceled the surgery.”

M.S., Boynton Beach, FL

“I received so much relief from my TMJ (Temporomandibular Joint) pain that my maxillofacial specialist wanted to talk to my Physical Therapist to find out what he did (Neural Manipulation).”

D.A., Boston, MA



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If you have any questions, please consult your physician or ask your practitioner: