A new approach of looking at mechanisms of manual therapy through the physiology of inflammation and connective tissues.

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BACKGROUND Inflammation is a necessary local reaction-taking place in the connective tissue (CT). Evidence is slowly growing concerning the effects of manual therapy (MT) on CT and, more globally, on fascia. The action of MT on inflammatory processes may be explained by studying the physiology of CT.
Our aim was to investigate the rationale behind the application of Osteopathic Manipulative Treatment (OMT) or MT with regard to the connective consequences of inflammation.
METHODS This review collected articles published on PubMed and other sites, books and thesis. Our results were summarized with PICOS method with impact factors and were given a personal quality note.
RESULTS We collected 236 results on NCBI; 72 on the site PUBMED and 33 respected our criteria. On the other sites we collected 5 articles. We found 39 scientific articles and 81 references with books and thesis.
There are serious studies that support the role of MT and on the reduction of the inflammatory reaction (1). We link between the body's natural defences and MT (2). The inflammatory response is multifactorial, which supports a global approach to care. CT is the link between symptoms or diseases that sometimes have no apparent relationship. We propose an explanation on how manual treatment can play a role on brain plasticity, on the modulation of pain and on the autonomic nervous system. Research used the biotensegrity model and mecanotransduction processes (3,. MT can play a role in the inflammation processes, inflammatory disease or cancer and can be means of prophylaxis.
CONCLUSION The inflammatory reaction takes place in the CT. This study is a synthesis of knowledge on the therapeutic areas of fascial manipulation (4,5,6,7). Pain, stress and inflammation are related and we must see Health as a functional balance between systems. MT can influence the inflammatory process and multidisciplinary studies with scientific models can exist.

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