

Manual therapies consist in:

- **massotherapy** (conventional, connectival, lymphatic drainage)
- **joint and muscle pompage**
- **motor re-education:**
 - segmental and/or general
 - neuromotor
 - respiratory
 - proprioceptive
 - postural (Mézières method)
 - dynamic postural rebalancing
 - rachis re-education with the McKenzie method
 - spinal stabilisation
- **Lymph and kinesiотaping**