



# **Welcome to CenterIMT Herniated Disc Recovery Program**

**CenterIMT has a dynamic, aggressive, and very unique program focusing on optimal recovery from any and all Herniated Discs. You are encouraged to explore further.**

- **Mission Statement / Philosophy**
- **Developers**
- **Program Specifics**
- **Integrative Diagnostics / The Integrated Systems Approach**
- **Quadrennial Planning**
- **Biophysiology and Functional Nutrition (Nutritional Support and Dietary Intervention)**
- **Homework Helpers**
- **Neurofascial Process**
- **Taping, Bracing, Splinting, and Orthotic Management**
- **Electrical Stimulus**
- **Structural Integrative Manual Therapy**
- **Functional Integrative Manual Therapy**

**For further inquiry contact the  
Integrative Manual Therapy Association for  
Herniated Disc  
[cimatlanta@aol.com](mailto:cimatlanta@aol.com).**



# CenterIMT Herniated Disc Recovery Program

## Mission Statement / Philosophy

The **GOAL** of the Herniated Disc Recovery Program:

To restore health, hope and optimal function to all clients diagnosed with Herniated Disc.

Our CenterIMT **MISSION** is two-fold:

- 1) To educate the Herniated Disc client and their family about the body's ability to heal, thus working to restore hope in their potential for recovery.
- 2) To provide the Herniated Disc population with the most recent and advanced diagnostic, structural and functional manual therapies available throughout the world.

### **PHILOSOPHY:**

The Herniated Disc team strongly believes that all clients with Herniated Disc have the potential for recovery, beyond the traditional predictors of outcome. We believe there is no one single answer for Herniated Disc. However, with a combined approach of treating the entire body, we know recovery is possible. Because it is vital for the Herniated Disc client to play an active role in their recovery process, we feel it is empowering for the client to participate in the goal setting process, functional rehabilitation, and nutritional wellness programs. Our team is committed to providing ongoing support to clients and their families throughout their recovery process. We are dedicated to further advancement of techniques through ongoing clinical research.



# CenterIMT Herniated Disc Recovery Program

## Developers

Centers for Integrative Manual Therapy is a world wide healthcare organization offering therapy for clients with Herniated Disc. Our multi-disciplinary team consists of professionals from around the world.



### **Sharon Weiselfish-Giammatteo, Ph.D., P.T., I.M.P.,C.**

Dr. Sharon Giammatteo is the developer of Integrative Manual Therapy which is an important aspect of the Herniated Disc Recovery Program: Integrative Manual Therapy™, the Integrated Systems Approach™, and Integrative Diagnostics™. She is founder and President of CenterIMT and Dialogues in Contemporary Rehabilitation (DCR).

Dr. Giammatteo graduated from Wingate Institute of Physiotherapy in Israel in 1970. She received her undergraduate degree in Advanced Health Sciences and Medicine and later earned her graduate degree in Clinical Neurosciences from University of Hartford in Connecticut. Dr. Giammatteo has done extensive clinical research in the field of neurology, with her Ph.D. thesis on manual and cranial therapies for the neurologic client. Her list of publications includes articles on developmental manual therapy, manual and craniosacral therapy for cerebral palsy and more. Her books include: *Manual Therapy for the Autonomic Nervous System and Related Disorders with Advanced Strain and Counterstrain Technique*.

Dr. Giammatteo c-authored numerous books with her husband, Dr. Tom Giammatteo that include: *Manual Therapy for the Autonomic Nervous System and Related Disorders with Advanced Strain and Counterstrain Technique*. Dr. Giammatteo and Giammatteo currently practice IMT in CentersIMT across the country where they facilitate ongoing clinical research for the Herniated Disc population. They teach throughout the United States, Canada, Asia, Europe, and Israel on topics such as: Manual Therapy for the Degenerative Disc patient, Olympic and professional athletes, and the neurologic population



## **Sue Leger, D.Sc., P.T., I.M.P.,C.**

Sue Leger is the Director of Neurologic IMT for all CentersIMT, worldwide, and has her home base at CenterIMT Atlanta. She is a Neuroscience Specialist with a Doctor of Science in Healthscience and Nutritions from Westbrook University. She received her B.S. in Physical Therapy from the University of Florida in 1979 and her M.S. in exercise physiology from Louisiana State University in 1985.

Sue has worked with clients with Herniated Disc since 1985. Sue has taught over 200 continuing education workshops, focusing primarily on biomechanical and neurological assessment, handling and movement, lower extremity biomechanics, gait, and the fabrication and function of lower extremity serial casts, splints and orthoses. She has been a speaker at numerous state, regional, and national conferences. Sue is faculty for The Connecticut School of Integrative Manual Therapy and Dialogues in Contemporary Rehabilitation, where she teaches courses in IMT. She is a co-developer, with Dr. Sharon Giammatteo, of IMT courses on stroke, a pediatric-neuro series, as well a series of certification courses on the ankle and foot.

Along with extensive training in IMT techniques, Sue has received in-depth training in many areas, including Neurodevelopmental Treatment (NDT), Acupressure, Cranial Sacral, Manual Lymphatic Drainage, Motor Control and Learning, Proprioceptive Neuromuscular Facilitation (PNF), Sensory Integration and Praxis, Mechanical Link, and Visceral Manipulation. Her publications include: *Significant Functional Gains Using Integrative Manual Therapy With a Patient Diagnosed With Cerebellar Ataxia and Peripheral Demyelination*, *Lower Extremity Biomechanical Checklist for the Neurologically Involved*, and *Taping Applications for the Neurologically Involved*.

Center  
IMT   
*Integrative Manual Therapy and Diagnostics*



***Thomas Giammatteo, D.C.,P.T.,I.M.T.,C.***

Dr. Tom Giammatteo is Director of Operations and CEO for CenterIMT, Center of Integrative Manual Therapy and Diagnostics, including Regional Physical Therapy in Connecticut. CenterIMT is a network of health care clinics providing manual therapy and rehabilitation in the United States, Canada and Europe. He is Vice President of DCR, Dialogues in Contemporary Rehabilitation, the learning, resource and research center for IMT™ in Connecticut. DCR presents over 250 seminars around the world each year. He practices in Connecticut and throughout the United States.

Dr. Giammatteo holds undergraduate degrees in both Physical Therapy and Human Biology from Bouve College at Northeastern University, Boston. He received his Doctorate of Chiropractic Medicine from the National College of Chiropractic and earned a Certificate of Meridian Therapy and Acupuncture. In addition to his teaching fellowship, he was a clinical specialist in Orthopedic and Neurologic Rehabilitation for the National College of Chiropractic. Tom was on staff for three years at the Upledger Institute's Healthplex Clinic and Brain and Spinal Cord Dysfunction Center in Florida.

Dr. Giammatteo's expertise extends to sports medicine, orthopedics, neurologic, pediatric and medical patients. He has been presenting around the world to physical and occupational therapists, chiropractors, allopathic physicians, osteopaths and naturopaths.



# CenterIMT Herniated Disc Recovery Program

## Specifics

CenterIMT is successfully assisting with the optimal habilitation of clients with Herniated Discs of all types from around the world. All clients with Herniated Disc begin with a thorough initial evaluation utilizing Integrative Diagnostics and The Integrated Systems Approach. Assessment is vital and on-going throughout the Herniated Disc recovery program. Immediate short term goals and long term goals are outlined on an individualized Quadrennial Plan. This individualized plan includes goals, a home program, and quarterly tracking of efforts and progress. It is reviewed and updated with the client, and all support persons, on a quarterly basis.

An individualized treatment plan of Structural Integrative Manual Therapy is drafted and begun. Typically, the initial plan addresses the neural shock and toxicity, Disruptions of Membrane, and blood supply. Structural techniques for all systems of the body (The Integrated Systems Approach) lead to changes in orthopedic restrictions, sensory deficits, postural alignment and balance, spasticity, and overall strength and function. *Structure dictates function.* Whenever there is an area of the body that is dysfunctional and limited in function, it is always important to begin the treatment process by addressing the structural problems of that area. Once the structure has begun to normalize, function can be addressed optimally.

Bracing and splinting for protection and alignment is assessed throughout the program. Nutritional support and education is given to clients and families as well as testing of foods and supplements. Sensory enhancement, reduction of synergic spasticity, and strengthening of muscle weakness are assisted with a home program of Threshold Electrical Stimulus (TES) and Neuromotor Electrical Stimulation (NMES).

*Function allows ownership of structure.* Once the client has begun treatment with Structural Integrative Manual Therapy, Functional Integrative Manual Therapy is implemented. The client begins extensive functional rehabilitation, which is continually modified throughout the Center-based and home-based program. A personal Pre/Post Video Functional Record is completed initially and repeated every six months. Clients and families appreciate the rewarding digital photographs and video documentation of the rapid performance changes.