

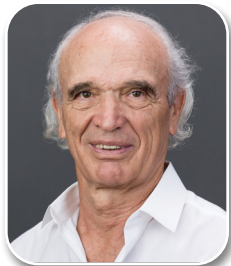
Barral Manual Therapy

for Health and Wellness

What is Barral Manual Therapy?

Barral Institute therapies are specialized, gentle manual techniques developed by **Jean-Pierre Barral, DO, MRO(F), RPT.**

These approaches focus on restoring mobility and function within the body's organs, nerves, and structural system. By addressing restrictions and tensions at their source, the body can regain balance, adaptability, and resilience.



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

Our core modalities include:

- **Visceral Manipulation (VM)**
- **Neural Manipulation (NM)**
- **Manual Articular Approach (MAA)**
- **Manual Approach to the Brain (MAB)**

These therapies work together to support whole-body integration and optimal function.

What Can I Expect During a Session?

A typical session lasts **45–60 minutes** in a calm, supportive environment.

- You remain fully clothed
- Treatment is gentle and precise
- The practitioner uses refined palpation skills to assess motion and tension patterns
- Techniques are applied to encourage mobility, circulation, and nervous system balance

Barral practitioners are trained to “listen” with their hands — identifying areas where the body has adapted to strain or trauma.

Effective in helping to relieve symptoms associated with:

- Abdominal and digestive disorders
- Pelvic health conditions
- Chronic neck and back pain
- Headaches and migraines
- Post-concussion symptoms
- Orthopedic conditions
- TMJ dysfunction
- Sciatic pain
- Scoliosis
- Stress-related disorders
- Post-surgical adhesions
- Chronic inflammation
- Sports injuries
- Peripheral nerve entrapments

Who Performs Barral Manual Therapies?

- Physical Therapists
- Osteopaths
- Chiropractors
- Massage Therapists
- Occupational Therapists
- Medical Doctors
- Athletic Trainers
- Other licensed healthcare professionals

What People are Saying...

“After years of digestive discomfort, I finally feel relief and freedom in my body.”

“My recovery from injury accelerated once underlying restrictions were addressed.”

What are the benefits?

- ✓ **Improved organ mobility and function**
- ✓ **Reduced tension and pain**
- ✓ **Enhanced nervous system regulation**
- ✓ **Improved posture and structural balance**
- ✓ **Increased adaptability to stress**
- ✓ **Greater overall vitality and well-being**

