

The special manual technique (SMT) used for treating changes in the connective tissue and for directly stimulating the nervous system is generally applied 1-2 times a week, in the form of 50-60 minute training sessions. If the treatment is started early (in the first 5 months of the baby's life) positive signs can be detected already after 3-5 sessions. The frequency of treatments can be reduced after the baby's movements reached the development level of their age – in certain cases the treatments may even stop. In the case of adults 1-2 sessions a week are enough. After 3-5 treatments therapy can be ended in many cases, while in other cases it is best if so-called follow-up treatments are applied once a month in order to preserve the improved condition.