

# Types of Complementary Therapies

*This sheet aims to help you understand the different categories of complementary therapies.*

Complementary therapies can be broken down into different categories, as shown in table 1 below. These categories were derived from the Australian [National Institute of Complementary Therapies](#). Interest articles are linked below. For general information, read:

[Parkinson's Disease Society – Complementary Therapies and Parkinson's Disease](#)

[European Parkinson's Disease Association's \(EPDA\) – Rewrite Tomorrow: Complementary Therapies](#)

[Natural Therapy Pages—Descriptions](#)

**Table 1. Examples of different types of complementary therapies**

Mind-Body	Structured Exercise	Manipulative & Body-Based	Complementary Medicine
<a href="#">Meditation, Relaxation &amp; Breathwork</a>	<a href="#">Arthritis Vic Tai Chi groups</a>	Massage	<a href="#">Homeopathy</a>
<a href="#">Aromatherapy</a>	<a href="#">Yoga</a>	Chiropractic	Naturopathy
<a href="#">Art Therapy</a>	<a href="#">Pilates</a>	Osteopathy	Chinese Medicine
<a href="#">Music Therapy &amp; Singing</a>	<a href="#">Hydrotherapy</a>		Ayurveda
<a href="#">Dance Therapy</a>			