

Positional Release Techniques Leon Chaitow

Counterstrain Pencaitland, East - Counterstrain is a technique used in osteopathic medicine, osteopathy, physical therapy, massage therapy, and chiropractic to treat somatic dysfunction. Chaitow, Leon (2014). 86–88. Fascial Dysfunction: Manual Therapy Approaches, Chapter 16 Positional Release Techniques. It is a system of diagnosis and treatment that uses tender points, which are produced by trauma, inflammation, postural strain, or disease, to identify structures to manipulate. The manipulation uses light pressure to decompress the local nociceptors and mechanoreceptors responsible for the sensation of pain, returning central sensitization to its normal state. This technique extends Strain-counterstrain, a technique inhibits the reflexes by putting the tissues in a position of ease directly opposite to that of the reflex. Strain-counterstrain is also known as the Jones technique, (correction spontaneous by position), and spontaneous release. pp. Wilkins 15a4374d8a

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