



What is Counterstrain therapy?

Fascial Counterstrain (FCS) is an innovative system of soft tissue manipulation that utilizes diagnostic tender points to identify reflexive muscle guarding (chronic protective response to injury) in the body. Reflexive muscle spasms can occur in skeletal muscle, smooth (visceral/gut) muscle or in the body's deep fascia due to a variety of reasons, and therefore can cause nearly any type of pain throughout the entire body. Some of the more common causes of this reflexive dysfunction include, trauma, surgery, postural strain, repetitive motion and even in response to an inflammatory diet.

FCS alleviates these chronic, reflexive muscle contractions from the body via a gentle, reflexive process that is initiated through precise positioning and shortening of the tissue in spasm. Patients frequently describe the therapeutic sensation of release in their body as "fascinating" and "amazing". The actual treatments are completely painless making it a viable option for even the most painful or difficult cases.

Many patients report lasting relief of chronic conditions after only 1 or 2 treatment sessions.* FCS embraces holistic and osteopathic principles in that it addresses the body as a whole not just the surface musculoskeletal presentation. By correcting muscular tension, vascular drainage, blood flow, and nerve input, FCS maximizes the body's intrinsic ability to heal. This treatment model will allow you to identify and correct the true source of your patient's pain and disability not just the surface symptoms. For a more detailed explanation of Counterstrain please [click here](#).

*Not all conditions respond the same way to treatment. 1-2 treatments, though effective in some cases, is not representative of all responses to FCS treatment.