

MSKEL 104

Strain and Counterstrain Technique for the Orthopedic, Neurologic, Pediatric and Geriatric Patient

MSKEL 105

Advanced Strain and Counterstrain for Circulation

Strain and Counterstrain Technique was developed by Lawrence Jones, D.O.. There are procedures which reduce and eliminate inappropriate neuromuscular activity of the voluntary innervated muscles. Physiology and pathology of the protection our body replies to any trauma will be explained in this seminar, the treatment of these protection modes lead to a reduction of inappropriate neuromuscular activity. There is a resulting muscle fiber relaxation and elongation which is accompanied by increased joint mobility, improved articular balance and increased ranges of motion.

Dr. Sharon (Weiselfish) Giammatteo developed a new approach to utilization of Jones' Strain and Counterstrain techniques - a mechanical, „corrective-kinesiologic“ model, which can be used effectively for all client populations. Nullification Process, Muscle Rhythm Therapy, Muscle Belly Technique and Synergic Pattern Release are other techniques or protocols presented in this class.

Introduction to treatment with Neurofascial Process (Dr. [Weiselfish] Giammatteo) and Synchronizers, reflexes discovered by Lowen and (Weiselfish) Giammatteo, which facilitate restoration of multiple body functions will be presented. MSKEL 105 introduces four of these reflex points that may affect

- the actin/myosin mechanism of sarcomere contraction
- the tetanic flow of impulses at the motor end plate.

These Techniques can be used for neuromuscular re-education, strengthening of hypotonic muscles as well as releasing hyper tonic muscles.

#### **Pre-Requisites:**

None