

Strain Counterstrain/Fascial Counterstrain

Fascial Counterstrain (FCS) is a therapeutic, hands-on method, designed to release spasm in all tissues of the human body. Every organ, nerve, artery, muscle, ligament, tendon, vein and lymphatic vessel in the human body can actively spasm and produce pain in a natural, protective response to injury. FCS works to release the tissue in spasm and the corresponding tender point by gently unloading the injured structure.

Gentle body positioning and compression or shortening of the strained structure works to effect a therapeutic release. By positioning the body against the strain or by applying a “counterstrain”, the structure quickly relaxes, thus reducing tension and alleviating this primary source of pain.