

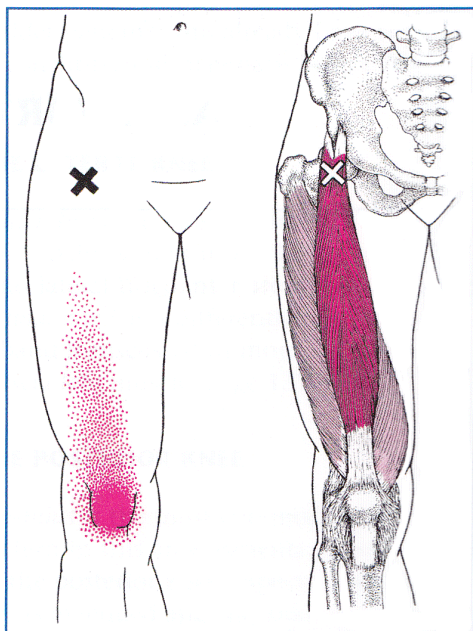
# Strain-Counterstrain

## Technique for Pain Relief

Here is a brief overview of strain-counterstrain for anterior and posterior knee pain.

### What is Strain-Counterstrain?

Originally called “positional release technique,” Counterstrain was developed in 1955 by Lawrence Jones, an osteopathic physician. It uses passive body positioning to reach a point of comfort (or tissue ease) that compresses or shortens the offending muscle. This muscle shortening calms the aberrant reflexes that cause the spasm, leading to an immediate reduction of muscle tone to normal levels. Counterstrain is non-traumatic and can be used on a large population of musculoskeletal pain patients. (Adapted from Jones Institute website. Images from *Clinical Applications of Counterstrain* by Dr. Harmon Myers)



Rectus femoris muscle with myofascial pain pattern

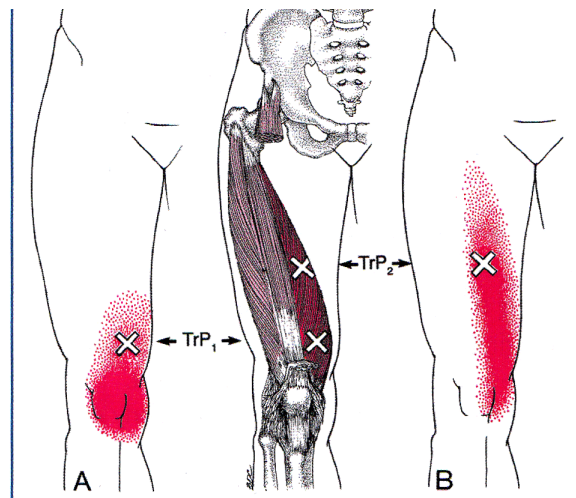
### Key Steps

1. Find the tender point and hold it with thumb or finger(s)
2. Shorten muscle up to the point where pain “turns off”
3. Hold position for 90 seconds
4. Slowly release position while still holding tender point
5. Check in with patient to see if pain lessens or is gone

### Anterior Knee Pain Patterns

Muscles commonly affecting anterior knee pain:

- ☐ Rectus Femoris
- ☐ Vastus Medialis & Lateralis
- ☐ Adductor Longus & Brevis



Vastus medialis muscle with myofascial pain pattern

# Strain-Counterstrain Technique for Pain Relief

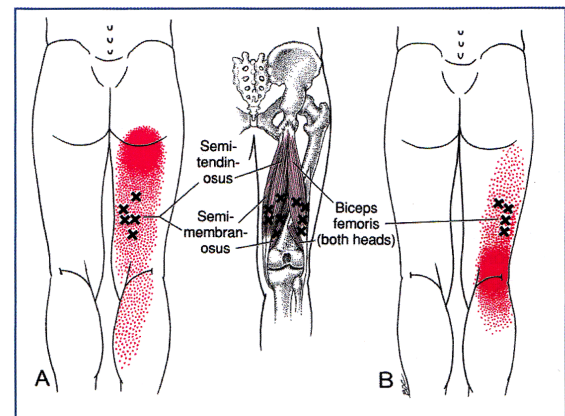
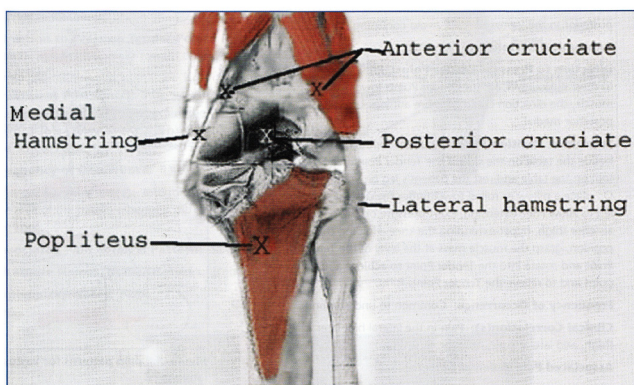
Here is a brief overview of strain-counterstrain for anterior and posterior knee pain.

## Posterior Knee Pain Patterns

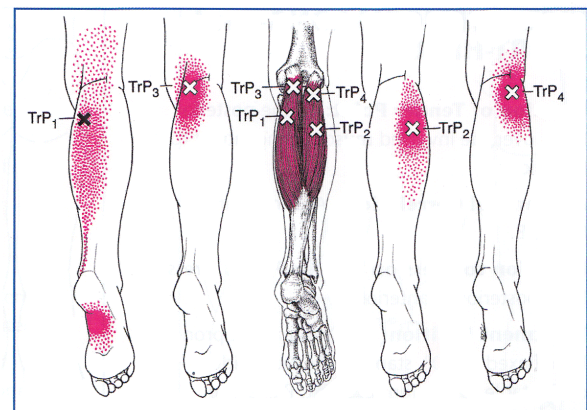
Muscles commonly affecting posterior knee pain:

- ☐ Biceps Femoris
- ☐ Gastrocnemius
- ☐ Soleus

### POSTERIOR KNEE TENDER POINTS



Pain pattern for the biceps femoris of the hamstring muscle group



Myofascial pain pattern

## Book & Websites

- ☐ *Clinical Application of Counterstrain* (Spiral-bound) by Harmon L. Myers, DO

Get more information about the book here:

<http://www.tomf.org/publications/books/clinical-application-of-counterstrain>

- ☐ Jones Institute

<http://www.jiscs.com/>