

## Fascial Counterstrain Relieves Shoulder Pain, Restores Lost Mobility, and Regains Function

Bonnie was shopping at Total Health Nutrition Center in New Berlin when she noticed a flier for a new clinical service. She was concerned with pain and a recent loss of mobility in her right shoulder, as well as stiffness that seemed to be accumulating throughout her body. She wondered whether this stiffness would worsen over time if she didn't find something to stop the progression. She was having trouble using her right shoulder for everyday activities such as driving, writing, and reaching to do housework or yard work. Bonnie attended a free informational seminar about Fascial Counterstrain at Total Health Clinic, hoping to learn how to heal from the shoulder pain so she could move her arm and also rest comfortably. Bonnie said, "I have experienced, and been impressed with numerous bodywork techniques and practitioners during my long, fulfilling career as a Massage Therapist. But in all my years, no manual work has been as encompassing or as instantaneous as this. Janell's insight, Fascial Counterstrain experience, her 25+ years in PT, and her love of learning impressed me! The first session focused on my shoulder, neck and arm, which have been bothering me for many years. Janell evaluated and felt for restrictions on the outside of my skull, (called the cranial scan) and came up with the protocol based on my body's individual needs. As she was working on the primary areas, I also felt my low back, pelvis, and leg relaxing. When I shared that experience, Janell rescanned my head and included treatment to additional areas my body was requesting. Janell said that the scan was evolving, just like peeling off layers of an onion as my body was getting ready to release deeper layers of dysfunction." **"When I got off her table after the first session, I was amazed!"**

**"My arm was swinging so well, I could have become a tennis player! I felt so free!"**



"I was standing and walking straighter, stronger and I sat taller in the car! My knee was in better alignment over the gas pedal and my hands more comfortable on the steering wheel! Even my jaw felt more relaxed! I am now sleeping on that shoulder with no discomfort!" Bonnie mentioned that an acquaintance of hers had undergone invasive shoulder surgery a year prior. Bonnie continued, "My friend is still having shoulder pain and disrupted sleep, despite having shoulder surgery." Bonnie knew in her heart that there must be a different path to restoring her own shoulder mobility, and rather than subject herself to uncertain surgery. She was glad that she had kept searching. Bonnie was drawn toward **Fascial Counterstrain: A Gentle, yet Powerful Therapy, best known for its ability to provide Sustainable Relief.**

**"After experiencing these amazing results for myself, I was sold! I wanted to continue seeing Janell for the long term so I could achieve my personal goal of becoming forever mobile!"**

"I can now wash windows and rake leaves with more energy and freedom! My shoulder allows me to apply enough pressure to write long hand. I really can't describe it, but my insides also feel more freed! Janell addressed all the systems of my body including arteries to my adrenals and my sluggish lymph. Even though I chose not to mention my aching hand joints because there were bigger areas of need in my right shoulder... the 'scan' revealed my faulty lymphatic system. It turned out that some of the lymph dysfunction was caught in my knuckles. Janell gently, painlessly worked that restriction free! Again, I was holding the steering wheel even more easily than after my first session! And I can now sit on the floor with my legs crossed pretzel style! Even my Chiropractor was surprised at the mobility that's been restored to my neck. There is a specific manual technique for the neck that other practitioners have unsuccessfully tried on me in the past. Janell used that same stroke on me after the Counterstrain, and I was surprised at how my head and neck rocked easily and comfortably, rather than getting stuck or having pain. My neck had not been that mobile in decades! Thank You, Janell! I look forward to continuing Fascial Counterstrain for the long term, because I know that with your help, even more old patterns can be freed- *therefore I'll feel even more mobile!"*

*Bonnie*

Fascial Counterstrain services are available at Total Health Wellness Clinic, Menomonee Falls. Call **262 251-2929** to schedule a complimentary, no obligation, 15 minute phone consult or attend a complimentary educational seminar, where you can receive a hands on demonstration of Fascial Counterstrain! **Enroll in an educational seminar at [www.totalhealthinc.com](http://www.totalhealthinc.com)**  
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