

## **Fascial Counterstrain for Neck Pain and Headache Relief**

Annika is a successful Doctor of Physical Therapy, but while she was a student, she struggled with persistent neck pain and headaches, which went on throughout high school, college, and grad school. She tried a variety of different pain management techniques over the years, including over the counter medications, conventional physical therapy exercises, mobilization, and other manual therapy techniques, but without much relief.

Just as she was finishing her last academic semester of grad school, with final exams and huge projects looming, severe headache pain ramped up to intolerable levels and began interfering with her ability to focus. The pain was nearly unbearable. With her busy class schedule, Annika had a hard time finding sustainable relief, or getting enough rest to perform her work as a student as efficiently as she would like.

Although Fascial Counterstrain, a unique treatment approach,

is not currently taught in most Doctor of Physical Therapy graduate programs, it is a powerful and innovative method that licensed Physical Therapists can specialize in after graduation. Annika had heard great things about this emerging technology from a trusted friend who had already experienced success with overcoming persistent headache symptoms and neck pain after a concussion.

**So with nothing to lose, she decided to give something different a try, and she was glad that she did!**

Impressed with her results after just one session, Annika said, "I would still get occasional, milder headaches, but this technique brought the longest lasting relief of anything I've tried other than medicine, and I didn't want to be taking pills all the time!" Annika was able to stop relying on over the counter medications to get her through the semester.



"After receiving Fascial Counterstrain, I was amazed at how quickly the headache pain subsided. I wasn't expecting to feel so much relief after just one session. The relief was long lasting and sustainable."

### **Future of Manual Therapy**

Fascial Counterstrain, the future of manual therapy, is backed by a rapidly growing base of scientifically referenced rationale and case studies, which can be found at [www.counterstrain.com](http://www.counterstrain.com). It is a one-of-a-kind manual therapy technique that can relieve pain and inflammation, in even the most complex conditions.

"I'd definitely recommend this technique to anyone else who may be suffering from chronic neck pain and headaches." Annika confirmed. Fascial Counterstrain changes not only symptoms, it changes lives.

Fascial Counterstrain is available at Total Health Clinic, Menomonee Falls.

Call for more information or to schedule a free, 15 minute consult with a practitioner: 262-251-2929.

Janell Strupp PT, CPI  
Physical Therapist, Certified  
Pilates Instructor