

Positional Release Technique

“Spontaneous release through positioning”

This gentle, non-invasive technique is based on the osteopathic philosophy and homeopathic principles of stimulating the body’s own resources for self-healing. Positional Release Technique is successfully used to help people with a variety of health complaints including acute injuries as whiplash, chronic conditions like headache, back pain and stress or problems associated with postural or structural imbalances.

When your structure works right, your circulation works better, you feel better, you think better.

The practitioner uses movement and gentle compression to find positions of comfort to activate the nerve reflexes which allow the body to change the stress and pain patterns which are causing discomfort. Spontaneous release of the pain usually occurs in 10-30 seconds.

Positional Release Technique is especially beneficial for those diagnosed with fibromyalgia and are unable to tolerate traditional massage techniques due to pain associated with touch. Additional benefits of pain relief through Positional Release Technique occur with conditions such as:

- **scoliosis**
- **neck and back pain**
- **TMJ discomfort**
- **frozen shoulder**
- **sciatica**
- **knee injuries**
- **rib problems**
- **headaches**
- **repetitive strain injury or carpal tunnel syndrome**

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