

## STRAIN COUNTER STRAIN (SCS):



SCS is a hand on manual therapy that alleviates muscle and connective tissue tightness by the use of very specific treatment positions "positional release" held for 90 second intervals. It is a gentle and safe technique that relieves spinal pain, joint pain, tendonitis, post surgical pain, or muscle tenderness by passively shortening the affected muscle area. This form of treatment balances abnormal neuromuscular reflexes and is commonly performed by osteopathic physicians, physical therapist, and other health care providers.

During the SCS procedure, the involved tissue is placed in a shortened or "slacked" position causing a relaxation of the muscle tightness or "spasm". This allows the involved areas to reduce inflammation, pain, soften tight tissues, and restore normal joint movement from local compression.