

Still Waters Physical Therapy, LLC

WHAT IS FASCIAL COUNTERSTRAIN (FCS)? (from www.counterstrain.com)

Fascial Counterstrain (FCS) is a therapeutic, hands-on method, designed to release spasm in all tissues of the human body. Every organ, nerve, artery, muscle, ligament, tendon, vein and lymphatic vessel in the human body can actively spasm and produce pain in a natural, protective response to injury. Once this reflex spasm is triggered it can persist, spread & form hundreds of tender points. FCS works to release the tissue in spasm and the corresponding tender point by gently unloading the injured structure.

Gentle body positioning and compression or shortening of the strained structure works to affect a therapeutic release. By positioning the body against the strain or by applying a “counterstrain”, the structure quickly relaxes, thus reducing tension and immediately alleviating this primary source of pain. The elimination of this strain is quickly verified by simply checking the point, which is frequently no longer tender.

Lawrence Jones D.O (1913-1996)

- Identified 180-200 tender points related to spinal, extremity and cranial dysfunction
- First to understand that “tender points” were diagnostic and could be treated with gentle pain free positions
- Became world famous before his death in 1996
- Started the Jones Institute to teach post-graduate courses in Strain and Counterstrain

Brian Tuckey, PT

- Evolution of Fascial Counterstrain from 1997 to present
- One of only 4 therapists personally certified to teach SCS by Dr. Jones (1995)
- Made the connection between TP's and the body's deep fascia.
- Additional research led him to the identification of 6 separate fascial systems and our current physiological rationale.
- Over time he documented over 400 previously undescribed treatments which relate to 6 different fascial systems: visceral, arterial, venous, lymphatic, neural and musculoskeletal

Jonathan Eaton, PT

- Graduated from Old Dominion University's physical therapy program in 1999
- Initial focus was a traditional “sports medicine” approach to rehabilitation
- Began taking Strain and Counterstrain classes in 2005 and used it as the initial treatment approach, blending it with traditional physical therapy
- Started taking Fascial Counterstrain classes in 2017 with it becoming the primary focus of study in 2019 after having a personal experience as the patient
- Shifted almost exclusively to Fascial Counterstrain for all patients in 2020 due to the incredible impact on a multitude of issues and impairments patients presented with
- Started Still Waters Physical Therapy in March of 2025 with offices in Monterey, VA and at The Omni Homestead Resort & Spa
- The goals for The Homestead Spa location are to expose as many people as possible to the impacts of Fascial Counterstrain, help clients achieve significant improvement in dysfunctions that were previously thought to be “untreatable” with traditional approaches, and to help clients begin looking at health and wellness with a renewed energy

FAQs:***Q: What should I expect?***

A: Your session will start with some basic health questions and typical physical therapy intake information to comply with state law and get a basic understanding of your health. Next, there will be a discussion about any pain, movement restrictions, or functional limitations you have and some general range of motion and strength testing. After that, the physical therapist will explain Fascial Counterstrain and the process of finding the tissues involved in your pain or limitations. Lastly, he will begin to treat the worst tender points first and work through each sequence to clear as many dysfunctions as possible.

Q: How is Fascial Counterstrain different than other manual therapies?

A: Most other manual therapies are considered a “direct approach” where the offending tissues are treated through direct contact using needles, hands, instruments, manipulation, etc. Fascial Counterstrain is considered an “indirect approach” because once the tender point is identified, the treatment is a combination of positioning the body and gently shortening the connective tissue (fascia). There is a gradual release of the tender point resulting in improved tissue mobility of the area and improved segmental mobility.

Q: What types of conditions can be treated?

A: The list of dysfunctions that Fascial Counterstrain can treat is extremely lengthy but a few highlights are: migraines, sinus issues, neck and low back pain, general extremity pain or range of motion loss, plantar fasciitis, digestive disorders, sciatica, bursitis, orthopedic surgeries, muscle strains, thoracic outlet syndrome, and TMJ.

Q: What should I wear?

A: You should wear comfortable clothing that allows for full ranges of movement while maintaining modesty. No dresses, skirts, kilts, etc.

Q: Will I have any side effects or complications?

A: Some people can have soreness and aching in the areas that were treated for a few days after their session. This can be alleviated by drinking water and using ice as necessary. The discomfort will fade within a few days.

Counterstrain and other spa treatments:

- Massage: increases blood flow, helps with inflammation, relaxes soft tissues, promotes healing of soft tissue
- Thermal pools, herbal cocoon, thermal heated lounges: increase blood flow, relax muscles, detoxify body
- Cooling Experiential Shower and The Chill: cooling the skin and body helps the lymphatic system remove toxins and inflammation
- Cupping: increases blood flow, reduces pain and inflammation, and improves connective tissue (fascia) mobility