

PAIN RELIEF IN SECONDS



WITH PRIMAL REFLEX RELEASE TECHNIQUES (PRRT)

By Zoe Fackelman, PT and Robert C. Christakos, PT, DPT

As unbelievable as it sounds, you can really get long lasting muscle and joint pain relief allowing improved joint motion in seconds with a technique called Primal Reflex Release Techniques (PRRT), coined "PERT".

PRRT is a specialized, gentle, "hands on", neurophysiological therapy that quickly breaks the pain cycle. Using PRRT, 50 percent resolution of pain is expected and frequently found by the end of the first session. The techniques are quick, effective, gentle and involve tapping, flicking and touching - often far from the painful trigger region.

Lake Country PT therapists are among the few that are trained worldwide at the most advanced level with PRRT. PRRT addresses painful trigger regions that are linked to the Dura/cranial nerves/sympathetic nervous system loop. The techniques down-regulate or download this loop. It is like re-booting a computer. This facilitates the immune system, speeds healing and restores normal muscle and joint function.

Easing overactive and ongoing bodily stress reactions can ease pain associated with a wide variety of conditions and injuries.

Primal or pain reflexes are what the body does to protect itself as a reaction to pain. Startle reflex occurs when you jump from hearing a loud noise or experience pain. The withdrawal reflex happens when someone pulls away from something that scares or hurts them.

The body's protective reflexes become activated and stay that way in response to injury or discomfort from inflammation or other traumatic conditions, such as surgery. PRRT inhibits the body's protective reflexes to interrupt/break the acute or chronic pain cycle.

Pain from head/jaw to the toes can be relieved using PRRT and you will know after your first session if the techniques will benefit you and your condition.



ABOUT THE AUTHORS

Zoe Fackelman, PT and Robert Christakos, PT, DPT are trained at the highest level of PRRT. Ms. Fackelman owns Lake Country Physical Therapy and Sports care in Canandaigua, NY. www.LakeCountryPT.com

We specialize in hands-on personalized pain management & physical therapy.



Our experts, Robert Christakos, PT, DPT and Zoe Fackelman, PT, can help with a full range of conditions including:

- Head-to-toe orthopedic conditions
- TMJ/TMD disorders
- Sports-specific training & rehabilitation
- Osteoporosis
- Neck & back care
- Post-surgical care
- Incontinence for men & women
- Pregnancy-related pain
- Pelvic floor tension, pain & trauma
- Vertigo, dizziness
- Headaches
- Arthritis & more

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If you have pain, are preparing for surgery or just want to improve your mobility, physical therapy can help.

But with so many providers in the Greater Rochester area, choosing the right one can be a challenge.

The Big Health Book offers a free, online listing of all local physical therapy providers.

Many providers have expanded listings so you can research their offerings, specialty services and visit their website.

To learn more, go to:

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If you are a provider and want to expand your online listing, contact us today!