

# PAIN RELIEF IN SECONDS

*Submitted by Zoe Fackelman P.T*

As unbelievable as it sounds, patients receiving physical therapy at Lake Country Physical Therapy and Sportscare, PC in Canandaigua say, "I experienced pain relief within seconds and it lasted."

Zoe Fackelman, physical therapist and founder of Lake Country Physical Therapy, together with her physical therapy team, are celebrating 25 years of providing exceptional and goal oriented care. The list of physical therapy services available is extensive. Fackelman has been practicing for 30 years and has enjoyed learning new skills to assist her fellow community members toward wellness.

One particular expertise she and her coworker Robert C. Christakos, PT, DPT are particularly proud to provide is called Primal Reflex Release Techniques (PRRT), a specialized hands on manual 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.

Fackelman and Christakos are two of less than 100 trained at the most advanced level with PRRT which addresses painful trigger regions that are linked to the Dura/cranial nerves/sympathetic nervous system loop. These techniques down-regulate or download this loop. It is like rebooting 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.

Pain from head to toe can be relieved using PRRT and patients will know after their first session if the techniques will benefit them and their condition.

Lake Country Physical Therapy and Sportscare, PC initiates care within 48 hours. All a patient needs to do is call to make an appointment. The New York State direct access law allows patients to receive care without seeing their doctor first and most insurance carriers no longer require a referral to initiate physical therapy.

Lake Country is resuming home visits for those who do not have transportation or are unable to drive, after surgery when it is difficult to get out of the home due to pain or physical limitations or for those who want to improve their overall function so it easier to do things outside the home

Office hours of operation are Mondays and Wednesdays 10-7p.m., Tuesdays and Thursdays 8-5 p.m., and Fridays 9-4p.m. Home care is available Monday and Wednesday before 9:30 a.m., Tuesday and Thursdays between 5-7p.m., all day on Friday and Saturdays.

For more information about Lake Country Physical Therapy and Sportscare, PC,

please call **(585) 396-1400**

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