

# Long Lasting Pain Relief in Seconds

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A new pain regardless of the cause, and pain or limitations you have had for months or years can be exhausting. 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 the relief lasted."**

**Pain managed the soonest after onset is the quickest and easiest to resolve but that does not mean long lasting pain and limitations cannot also be helped.** Many hold off on treatment, thinking it will go away on its own. Several do not pursue care due to high deductible insurance plans and high copayments required of many insurance companies. As a result, pain and limited function restrict you and then you become stuck in a pain pattern. In the long run, early intervention will save you money since often the longer you wait to pursue care, the more treatments you will need. We have found that acute (new) and chronic (old, long term) pain can also be reduced and often relieved with very few treatment sessions.

Long lasting pain relief is accomplished by applying highly skilled, hands on techniques called **Primal Reflex Release Techniques (PRRT) and Associated Awareness Techniques (AAT)**. PRRT, or as we say "PERT, and AAT are both specialized, relaxing therapies that quickly break the pain cycle. Typically, 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 several different types of touch such as tapping, and flicking - often far from the painful region.

To understand how PRRT and AAT work, we must first understand pain. **Let's Explain Pain.** No one wants it and once you have it no matter where it is in your body you want to get rid of it fast. The unpleasantness of pain has a useful purpose. The unpleasantness of pain is the very thing that makes pain so effective and an essential part of life. This is because pain protects you; it alerts you to danger, often before you are badly injured. Pain hurts because the brain has concluded you are threatened and in danger. Pain occurs when your body's alarm system alerts the brain to actual or potential tissue damage. When pain lasts for more than 3 months and feels like it is ruining your life, it is difficult to see how pain can be serving any useful purpose.

Painful sites or regions create overactive and ongoing stress and strain on the nervous system, a loop involving the Dura (outer layer of the brain and spinal cord) and cranial nerves (nerves from the brain and brain stem) and the sympathetic nervous system (the fight or flight component of the autonomic nervous system). Functioning with pain in your body maintains the chronic cycling of the loop.

Easing these overactive and ongoing bodily stress reactions with PRRT and AAT and other manual therapies followed by

specifically prescribed exercise 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. For example, the 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. These protective reflexes become activated and stay that way in response to injury, pain or discomfort from inflammation or other traumatic conditions, such as surgery. PRRT and AAT techniques calm, inhibit, down-regulate or download this pain loop. It is like rebooting a computer. This facilitates the immune system, reduces stress and emotions, speeds healing and restores normal muscle and joint function.

**Emotional pain can trigger physical pain** and regardless of the type of pain or what caused your pain, your head/jaw to your toes can be relieved using PRRT and AAT and you will know after your first session if the techniques will benefit you and your condition.

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