

YES IT IS BACK TO SCHOOL TIME ONCE AGAIN!

By: Zoe Fackelman, PT and Robert Christakos, PT, DPT

Back to school for some means more sitting than usual, more responsibilities, feelings of being overwhelmed and not having enough time in the day to get it all done. With that come **compromised breathing patterns, poor posture, tension, muscle tightness, and neck, upper back and low back pain.** As a result, many do not sleep as well.

Primal Reflex Release Techniques also called Pain Reflex Release Techniques (PRRT) can get rid of the muscle tension, tightness and pain. PRRT is a specialized, gentle, "hands on" manual therapy that will quickly break 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 worldwide 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/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. Once your pain is under control, we will teach you stress relieving breathing techniques and postural correction with carrying a back pack, reading, sitting and sleeping. Many may need exercise to keep the muscles loose and joints moving.

Lake Country Physical Therapy and Sportscare, PC initiates care within 48 hours. All you need to do is call to make an appointment. The New York State direct access law allows you the patient to receive care without seeing your 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 is easier to do things outside the home.

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

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