

Spokane Rehab & Pain Clinic Diagnosis and Treatment Interventions

Craniosacral Therapy

Craniosacral therapy is a technique that is not aggressive. Eight cranial bones and 14 facial bones articulate together in harmony. Sutures tie the cranial vault together and have specific movement patterns. These movement patterns are evaluated by the clinician who “listens” with their hands. The treatment is then focused on relieving the restriction in movement of the sutures and increasing cerebrospinal fluid, blood, and lymphatic flow.

The connection between the cranium and the sacrum is direct. The “Dura”, the thin but very strong lining of the spinal cord and brain, allows the cerebral spinal fluid to bathe to brain and spinal cord with nutrition. All the spinal nerves exit through the dura and innervate their respective body parts. If the Dura is stressed or tensioned, the nerves will potentially react with pain and diminished ability. Craniosacral treatment helps to significantly alleviate this condition.

Myofascial Release

Myofascial Release is a passive stretching technique that uses feedback from the patient's tissues to determine the direction, amplitude and length of the stretch. The therapist relies on this feedback to achieve maximum relaxation of the tight or restricted tissues without the discomfort often associated with intense stretching. The purpose is to “unstick” the fibers of the muscles and fascia, releasing deeply held patterns of tension. This relaxes and re-educates the muscle, freeing it to operate within its full capacity.

[Fascia](#) is a thin, tough, elastic type of [connective tissue](#) that wraps most structures within the human body, including [muscle](#). Fascia supports and protects these structures. Although fascia and its corresponding muscle are the main targets of myofascial release, other tissue may be addressed as well, including other connective tissue. The new understanding of fascia offers future implications for the understanding and clinical management of pathologies which go along with increased or decreased myofascial stiffness (such as low back pain, tension headache, spinal instability, or fibromyalgia).

Visceral Manipulation

Physicians and folk healers have manipulated organs since antiquity, but it was not until the last quarter of the 20th century that this art evolved into a science. Visceral Manipulation is a gentle technique that frees up the fascia and allows the organs to glide against each other more easily. As a result of injury, repetitive stress, surgery, or postural compensations, the fascia around the organs can become restricted and contribute to overall fascial tension and pain patterns.

The therapist feels for any patterns of tension. Using a gentle technique with the hands, the therapist is able to release this tension, often at a very deep level.

This can have a profound effect on how easily the body moves, decreasing muscle tension and pain and improving alignment throughout the body.

Lymphatic Drainage Therapy

Using light, rhythmic strokes, the therapist facilitates improved and increased lymph circulation that in turn can have multiple beneficial effects. These include increased range of motion, decreases in scar tissue and localized pain, and improved healing. It has also been shown to increase speed and quality of healing post minor surgery and/or injury. Note: At this time, Spokane Rehab & Pain Clinic does not treat patients with severe lymphedema.

Strain Counterstrain

Strain Counterstrain is an Osteopathic manual medicine technique. The therapists at Spokane Rehab & Pain Clinic have received their training directly from various instructors from the Jones Institute.

It emphasizes correction of abnormal neuromuscular reflexes through the treatment of tender points. Tender Points are discrete, pea-sized areas of tenderness that are manifestations of specific neuromuscular dysfunctions. The tender point is found in the shortened muscle group, which is not necessarily in the muscle groups that have pain.

Counterstrain technique is a passive manipulation of the body's deep fascia. The clinical effects include decreased inflammation, improved flexibility, normalization of muscle tone and improved functional performance.