

# positional release therapy techniques

**positional release therapy techniques** are specialized manual therapy methods used to alleviate musculoskeletal pain and improve range of motion by positioning the body in specific postures that reduce tension in affected muscles and tissues. These techniques focus on identifying tender points or areas of dysfunction and placing the patient in positions of comfort to promote relaxation and healing. Positional release therapy has gained prominence due to its gentle, non-invasive approach, making it suitable for a variety of conditions, including muscle spasms, joint dysfunctions, and chronic pain syndromes. This article explores the fundamental principles behind positional release therapy techniques, various methods employed by therapists, clinical applications, and the scientific rationale supporting their effectiveness. Additionally, it examines the benefits, contraindications, and step-by-step procedural guidelines to optimize therapeutic outcomes. Readers will gain a comprehensive understanding of how positional release therapy contributes to musculoskeletal health and rehabilitation.

- Understanding Positional Release Therapy
- Common Positional Release Therapy Techniques
- Clinical Applications and Benefits
- Procedure and Implementation
- Contraindications and Precautions

## Understanding Positional Release Therapy

Positional release therapy (PRT) is a manual treatment modality designed to alleviate musculoskeletal pain by placing the body in positions that shorten and relax affected muscles and connective tissues. This approach targets hypertonic muscles, tender points, and somatic dysfunctions through gentle positioning rather than aggressive manipulation. The principle involves identifying areas of increased tissue tension or tenderness and then positioning the patient to achieve maximal comfort and tissue ease, facilitating a reduction in nociceptive input and muscle guarding.

## Historical Background and Development

The origins of positional release therapy trace back to osteopathic and manual therapy traditions that emphasized the body's inherent ability to

self-correct when placed in appropriate positions. Dr. Lawrence Jones is credited with formalizing the technique in the mid-20th century, originally referring to it as "strain-counterstrain." Since then, positional release therapy has evolved, integrating with various manual therapy approaches to enhance musculoskeletal rehabilitation.

## **Physiological Mechanisms**

Positional release therapy techniques work by interrupting the pain-spasm-pain cycle. The positioning reduces abnormal muscle spindle activity, decreasing afferent nociceptive signals to the central nervous system. This relaxation diminishes local ischemia and metabolic waste accumulation, promoting tissue healing. Additionally, altering joint positions can relieve capsular restrictions and improve circulation, contributing to overall functional improvement.

## **Common Positional Release Therapy Techniques**

There are several specific methods encompassed within the broader scope of positional release therapy techniques. Each technique involves unique positioning and application protocols intended to address different musculoskeletal issues effectively.

### **Strain-Counterstrain Technique**

The strain-counterstrain method involves identifying tender points and positioning the affected area in a position of maximal comfort, typically shortening the involved muscle. The position is held for approximately 90 seconds, allowing the neuromuscular system to reset and reduce hypertonicity. This technique is frequently used to treat acute and chronic muscle strains and trigger points.

### **Facilitated Positional Release (FPR)**

Facilitated positional release combines positioning with a facilitating force, such as compression or gentle traction, to enhance muscle relaxation. The therapist places the body part in a neutral or slightly shortened position while applying a facilitative force. The position is maintained for a short duration before slowly returning to neutral. FPR is effective in treating joint dysfunctions and deep muscle tightness.

### **Soft Tissue Positional Release**

This technique targets soft tissue restrictions by positioning the patient to

reduce tension within the affected muscles or fascia. The therapist may use gentle pressure combined with positional adjustments to ease adhesions and improve tissue pliability. This approach is beneficial for treating myofascial pain and postural imbalances.

## **Indirect Myofascial Release**

Indirect myofascial release involves positioning tissues away from the restriction or pain, allowing the fascia to naturally unwind and relax. This gentle technique complements positional release therapy by addressing fascial tightness that contributes to musculoskeletal dysfunction.

## **Clinical Applications and Benefits**

Positional release therapy techniques are widely applied in various clinical settings due to their versatility and safety profile. These techniques are effective in managing acute injuries, chronic pain syndromes, and functional impairments related to musculoskeletal conditions.

## **Muscle Spasm and Trigger Point Relief**

One of the primary uses of positional release therapy is to alleviate muscle spasms and deactivate trigger points. By positioning muscles in a shortened, relaxed state, the therapy reduces excessive muscle tension and associated pain, restoring normal muscle function.

## **Joint Dysfunction and Range of Motion Improvement**

Positional release therapy helps correct somatic dysfunctions by relaxing periarticular muscles and soft tissues, enabling improved joint mobility. It is particularly useful in treating conditions such as frozen shoulder, cervical stiffness, and lumbar segmental restrictions.

## **Postural Correction and Rehabilitation**

Chronic postural imbalances often result from sustained muscle tightness and joint restrictions. Positional release therapy techniques can be integrated into rehabilitation programs to promote muscular balance, enhance proprioception, and support long-term postural health.

## **Benefits of Positional Release Therapy Techniques**

- Non-invasive and gentle approach suitable for sensitive patients
- Reduces pain and muscle guarding effectively
- Improves circulation and tissue oxygenation
- Enhances joint mobility and flexibility
- Can be combined with other therapeutic modalities

## **Procedure and Implementation**

Successful application of positional release therapy techniques requires a systematic approach that includes careful assessment, accurate identification of tender points or dysfunctional areas, and precise positioning.

### **Assessment and Identification**

The therapist conducts a thorough evaluation, including palpation to locate tender points, muscle tightness, or joint restrictions. Patient feedback is essential to confirm areas of discomfort and appropriate positioning for relief.

### **Positioning and Holding**

Once the target area is identified, the therapist gently moves the patient's body part into a position that reduces tissue tension and tenderness. This position is maintained for a prescribed duration, commonly between 60 to 90 seconds, allowing neuromuscular resetting.

### **Monitoring and Reassessment**

Throughout the hold, the therapist monitors patient comfort and tissue response. After releasing the position, reassessment is performed to evaluate changes in tenderness, range of motion, and muscle tone. Multiple repetitions or sessions may be necessary depending on treatment goals.

## **Contraindications and Precautions**

Although positional release therapy techniques are generally safe, certain contraindications and precautions must be observed to prevent adverse effects and ensure patient safety.

## **Absolute Contraindications**

- Acute fractures or bone instability
- Severe osteoporosis with risk of fractures
- Open wounds or infections in the treatment area
- Malignancies affecting musculoskeletal structures

## **Relative Precautions**

Therapists should exercise caution or modify techniques in patients with cardiovascular instability, neurological deficits, or severe pain that limits their ability to tolerate positioning. Informed consent and clear communication are vital to tailor the therapy safely.

## **Frequently Asked Questions**

### **What is positional release therapy (PRT)?**

Positional release therapy (PRT) is a manual therapy technique that involves placing a patient's body in a position of comfort to relieve musculoskeletal pain and dysfunction by reducing tension in muscles and connective tissues.

### **How does positional release therapy work?**

PRT works by positioning the body to shorten the affected muscle or tissue, thereby reducing tension and promoting relaxation, which helps alleviate pain and restore function.

### **What conditions can positional release therapy treat?**

Positional release therapy is commonly used to treat muscle spasms, trigger points, myofascial pain syndrome, joint dysfunction, and other musculoskeletal conditions causing pain and restricted movement.

### **What are the key steps involved in performing positional release therapy?**

The key steps include identifying tender points or areas of dysfunction, positioning the patient to a position of comfort that reduces tenderness,

holding the position for 90 seconds to 3 minutes, and then slowly returning to a neutral position.

## **Is positional release therapy safe for all patients?**

PRT is generally safe for most patients, including those with acute or chronic musculoskeletal pain; however, it should be used cautiously or avoided in cases of fractures, severe osteoporosis, infections, or malignancies without medical clearance.

## **How long does a typical positional release therapy session last?**

A typical PRT session can last between 15 to 30 minutes, depending on the number of areas treated and the complexity of the patient's condition.

## **Can positional release therapy be combined with other treatments?**

Yes, PRT can be effectively combined with other therapeutic modalities such as physical therapy exercises, massage, chiropractic adjustments, and stretching to enhance overall outcomes.

## **What is the difference between positional release therapy and strain-counterstrain technique?**

Positional release therapy and strain-counterstrain are similar manual therapy techniques that involve positioning to relieve pain; however, strain-counterstrain typically focuses on holding the position for about 90 seconds and is often considered a specific form of PRT.

## **How effective is positional release therapy for chronic pain management?**

Research indicates that PRT can be effective in reducing chronic musculoskeletal pain by decreasing muscle tension and improving range of motion, making it a valuable component of comprehensive pain management programs.

## **Do patients need special preparation before undergoing positional release therapy?**

No special preparation is generally needed before PRT; however, patients should inform their therapist about their medical history, current medications, and any specific areas of pain or discomfort to ensure safe and effective treatment.

## Additional Resources

### 1. *Positional Release Techniques: Principles and Practice*

This comprehensive book delves into the foundational principles behind positional release therapy, offering detailed explanations of various techniques used to alleviate musculoskeletal pain. It combines theoretical insights with practical applications, making it suitable for both students and practicing therapists. Case studies and step-by-step instructions help readers understand how to effectively implement the methods in clinical settings.

### 2. *Myofascial Pain and Dysfunction: The Trigger Point Manual, Volume 1*

Although primarily focused on trigger point therapy, this classic text by Janet G. Travell and David G. Simons includes valuable information about positional release techniques as part of managing myofascial pain. It provides detailed anatomical illustrations and treatment protocols, emphasizing how positional release can complement trigger point therapy to reduce muscle tension and improve function.

### 3. *Clinical Application of Neuromuscular Techniques, Volume 1: The Upper Body*

This book offers an in-depth exploration of neuromuscular techniques, including positional release therapy, with a focus on the upper body. It guides practitioners through assessment and treatment protocols to address muscle dysfunction and pain. The clear illustrations and clinical tips enhance the practical understanding of positional release within a broader therapeutic context.

### 4. *Orthopedic Massage: Theory and Technique*

Designed for massage therapists and manual therapists, this text covers various modalities including positional release therapy. It explains how to identify tender points and use positioning to facilitate muscle relaxation and pain relief. The book integrates theory with hands-on techniques, providing a holistic approach to musculoskeletal care.

### 5. *Integrated Neuromuscular Release Technique*

This book introduces an advanced approach that combines positional release therapy with other manual therapy techniques to optimize patient outcomes. It emphasizes the importance of neuromuscular balance and functional restoration. Detailed protocols and treatment sequences are provided to help clinicians incorporate positional release into integrated therapy plans.

### 6. *Muscle Energy Techniques, 3rd Edition*

Although focused on muscle energy techniques, this text also explores how positional release therapy can be used in conjunction with other manual methods to enhance therapeutic effects. It offers detailed descriptions of muscle anatomy, dysfunction patterns, and corrective strategies. The book is highly practical, featuring illustrations and case examples to support clinical decision-making.

### 7. *Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch*

This resource complements positional release therapy by explaining how

trigger points contribute to pain and dysfunction. It offers insights into manual techniques, including positional release, to deactivate trigger points safely and effectively. The book emphasizes patient-centered care and the importance of informed touch in manual therapy.

#### 8. *Soft Tissue Release Techniques: A Practical Guide*

Focusing on various soft tissue techniques, this guide includes a thorough section on positional release therapy. It presents easy-to-follow instructions for releasing muscle tension and improving mobility. The practical approach makes it suitable for therapists seeking to expand their manual therapy repertoire.

#### 9. *Manual Therapy for Musculoskeletal Pain Syndromes: An Evidence- and Clinical-Informed Approach*

This evidence-based text reviews multiple manual therapy techniques, highlighting positional release therapy's role in managing musculoskeletal pain. It integrates research findings with clinical practice guidelines to support effective treatment planning. The book is ideal for clinicians aiming to apply scientifically supported positional release methods in their practice.

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Timothy Speicher, 2016-04-04 Clinical Guide to Positional Release Therapy With Web Resource provides professionals in the sports medicine and therapy fields with an easy-to-read reference on the clinical application of positional release therapy (PRT). The book is an invaluable resource for those who desire to learn, practice, and perfect the art of PRT to gently treat patients of all ages who have acute and chronic somatic dysfunction, including tightness and pain. Author Timothy E. Speicher, president of the Positional Release Therapy Institute, uses contemporary science and evidence-based practice to provide health care practitioners—including athletic trainers, physical therapists, massage therapists, and chiropractors—with a manual of PRT treatment techniques. The text is also suitable for students enrolled in upper-level courses in athletic training, physical therapy, and massage therapy programs. The highly visual book is organized in a manner that enables the reader to acquire a foundation of the applications, procedures, and theory of PRT. Part I explores the research surrounding PRT, providing articles that support the use of PRT through evidence-based practice. Readers will consider special populations, such as elderly patients, competitive athletes, and patients with disabilities. Part II explores PRT techniques by anatomical area. Each region (lower quarter, pelvis, spine, upper quarter, and cranium) contains an overview of common injury conditions and their myofascial triggers, differential diagnoses, and instructions on palpating and treating specific anatomical structures. Each chapter in part II also contains self-treatment techniques where appropriate. Clinical Guide to Positional Release Therapy dedicates considerable



attention to palpation instruction, a core skill that enables successful diagnoses and applications of many orthopedic assessments and therapeutic techniques. Readers also will gain knowledge of anatomical and kinesiological structures to ensure success in assessment. Application of adjunctive therapies, such as ultrasound, electronic stimulation, massage, joint stabilization, and therapeutic exercise, is provided throughout the text to complement PRT and facilitate an optimal healing environment. Clinical Guide to Positional Release Therapy includes more than 400 full-color photos and illustrations. The unique layout of the book displays the anatomy, palpation, and treatment techniques in one or two pages, making the techniques visually easy for practitioners and students to follow and put into practice. In addition, scanning charts listing structures and mapping of the anatomical areas specific to the chapter content appear at the end of each chapter. The text is supplemented by a web resource featuring 61 videos demonstrating various PRT techniques described in the book. The most common conditions and the techniques used to treat them are detailed, and Dr. Speicher provides advice about adapting the techniques to other conditions and muscle groups. The supplemental videos can be accessed online. Whether students are just being introduced to PRT or medical professionals are already seasoned practitioners, Clinical Guide to Positional Release Therapy will assist them in using PRT in a simplified and structured manner to improve patient outcomes.

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Building on the success of the 1st Edition and its accompanying video, this outstanding how-to manual features up-to-date chapters that cover the latest developments in the field. This osteopathic method focuses on allowing spontaneous physiological release of hypertonic muscles, including those in spasm. The gentleness of positional release techniques, the ease of application, and the potential for instant response are just a few of the benefits to patients, especially in cases of acute spasm and pain. It also allows chronically tense tissues to relax, making it a useful component of integrated therapeutic interventions that employ other soft tissue and joint normalization procedures. A new CD-ROM included FREE with the text offers high-quality video clips demonstrating specific techniques, as well as the entire text of the book in an on-screen, searchable format.

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treatment methods, learning is further boosted by practical exercises which examine PRT methodology and the mechanics of their use. - Emphasises safety and usefulness in both acute and chronic settings - Comprehensive coverage of all methods of spontaneous release by positioning - Easy to follow and extensively illustrated - Balanced synopsis of concepts and clinical-approach models throughout - Revised content structure - New chapters including: - Strain/counterstrain research - Positional release and fascia - Balanced ligamentous tension techniques - Visceral positional release: the counterstrain model - Redrawn and new artwork

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