2006

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Top 10 Positional-Release Therapy Techniques to Break the Chain of Pain, Part 1

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POSITIONAL-RELEASE therapy (PRT) is a treatment technique that is gaining popularity. The purpose of this two-part column is to briefly explain the theory and application of PRT. Then, we will present our top 10 list of what we think are the most commonly treated tender points by athletic therapists, five in Part 1 and five in Part 2, along with general tips, patient self-treatments, and adjunctive techniques.

PRT, originally termed strain–counterstrain, is a therapeutic technique that uses tender points (TPs) and a position of comfort (POC) to resolve the associated dysfunction. Essentially, PRT is the opposite of stretching. For example, if a patient had a tight, tender area on the calf, the clinician would dorsiflex the foot to stretch the calf in an effort to reduce the tightness and pain. Unfortunately, this might lead to muscle guarding and increased pain. Using the same example, a clinician who employs PRT would place the tender point in the position of greatest comfort (plantar flexion), shortening the muscle in an effort to relax the tissues and decrease the TP.

Dr. Lawrence H. Jones, an osteopathic physician, was the first to publish a map of TP locations and their associated treatment positions. Jones proposed that when a muscle is strained by a sudden unexpected force, its antagonist attempts to stabilize the joint, resulting in a counterstrain of the muscle in a resting or shortened position. Before the antagonist is counterstrained, gamma neural activity is heightened as a result of its shortened position, making the spindle more sensitive—propagating development of restriction, sustained contraction, and TP development. The application of PRT relaxes the muscle-spindle mechanism of the counterstrained tissue, decreasing aberrant gamma and alpha neuronal activity, thereby breaking the sustained contraction.

The prevailing theory underlying PRT involves placing tissues in a relaxed shortened state, or POC, for a period of time (~90 s) to decrease gamma gain in order to facilitate restoration of normal tissue length and tension. Simply put, PRT works to “unkink” muscle and fascia much like one would a knotted necklace, by gently twisting and pushing the tissues together to take tension off the knot. When one link in the chain is unkinked, others nearby untangle. For example, when a dominant TP on the posterior tibialis is treated, an entire chain of TPs along the length of the muscle can release. Apparently, once the muscle spindle is unkinked, gamma activity and neurochemical equilibrium are restored.

A gentle and passive technique, PRT has been advocated for the treatment of acute, subacute, and chronic somatic (whole-body) dysfunction for all ages. Formal courses are offered in PRT, which are helpful in gaining competence more quickly, but the technique is also covered in several texts that enable self-directed study.

PRT is an ideal treatment for athletic therapists to use because injuries with specific mechanisms respond well to it. There are relatively few contraindications, including open wounds, sutures, healing fractures, hematoma, hypersensitivity, systemic or local infection, malignancy, aneurysm, acute rheumatoid arthritis, and pain during treatment positioning. As a precaution, monitor the vertebral artery for occlusion during cervical positioning.
**General Treatment Rules for PRT**

The following treatment rules should be followed for PRT:

- Consider the root of the body’s dysfunction.
- Ensure patient and clinician comfort.
- Flex anterior structures; extend posterior structures.
- Treat dominant TPs first, then proximal, followed by medial.
- Fasciculation at the TP is the strongest when in an optimal POC.
- Treatment should not cause pain.
- After 90 s, slowly release the POC to avoid reengaging the myotatic reflex.
- 70–100% pain reduction is expected and desired with the first treatment.
- Rest tissues for 24 hr before resuming vigorous activity.
- Use established treatment positions as guides—*feel* for the POC.

**Procedures for PRT**

The procedure for applying PRT is as follows:

1. Palpate surrounding and opposing tissues to locate dominant and other TPs.
2. Document TPs on a standardized scale (extremely sensitive, very sensitive, moderately sensitive, no tenderness).
3. Do not try to break up the TP with hard pressure—*only* dimple the skin (≈1 kg of force).
4. Use one or two finger pads to monitor fasciculation and TP.
5. Fine-tune position with rotation.
6. Hold the POC until fasciculation decreases significantly or ceases.
7. Average position hold time is 90 s to 3 min.
8. Transient periods of brief tingling, numbness, and temperature changes might occur.
9. Treat dominant TP and three to five additional TPs for one session.
10. Release tissue or joint slowly and reassess.
11. Continue with two or three treatments a week for 6 weeks (on rest days or after physical activity).

If desired pain relief is not attained, reposition and try again. It is normal to experience muscle soreness up to 48 hr after treatment as a result of fascial unwinding of the tissue and release of inflammatory chemical mediators.

**Top 10**

The sidebar lists the top 10 TPs most commonly treated by athletic therapists. Figures 1–5 correspond to numbers six through ten in the top 10 list.

**Clinical Implications**

PRT is a valuable clinical tool for the treatment of somatic dysfunction, but it is not a panacea. It is most effective when integrated into an overall treatment plan. Once tissue tension and length are restored and pain is decreased, the muscle fibers can again function normally to aid healing. If a muscle is kinked

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**Top 10 Tender Points Treated by Athletic Therapists**

10. Biceps (Figure 1)
9. Intercostals (Figure 2)
8. Hip flexor (Figure 3)
7. Plantar fascia (Figure 4)
6. Trapezius (Figure 5)
5. Lumbar
4. Posterior tibialis
3. Cervical/Scapular
2. Iliotibial band
1. Patellar tendon

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**Figure 1**  Biceps. The patient is supine, shoulder abducted with elbow flexed, dorsum of the hand rests on forehead. Fine-tune with shoulder abduction or rotation.
for a period of time, weakness is likely to occur, so strengthening is integral to rehabilitation.

References


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