

Trigger Point Therapy and Counterstrain

with Dr. James Mally

July 29, 2026

Wednesday 9 am - 6 pm (8 hours)

\$180 + \$10 materials

Learn a painless and effective way of releasing trigger points!

If you have had trigger point work, you know how painful the treatments can be. Fortunately, another therapy works synergistically with trigger point work to make it painless and even more effective.

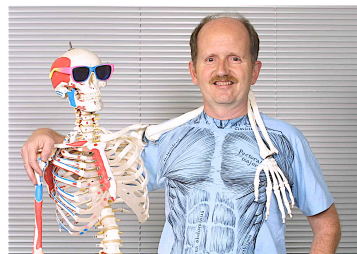
Strain-Counterstrain work, also known as Positional Release, utilizes positioning to help break the pain-spasm cycle, facilitating effective trigger point release. Once you learn the principles of this work, you can apply them anywhere in the body.

In this class you will learn:

- Different types of trigger points
- How to find trigger points
- Commonly referred pain patterns
- How to position your client so there is no pain during treatment
- Body mechanics to make this work easier for you

Trigger points are a major cause of musculoskeletal pain, so this work can help your clients to become pain free.

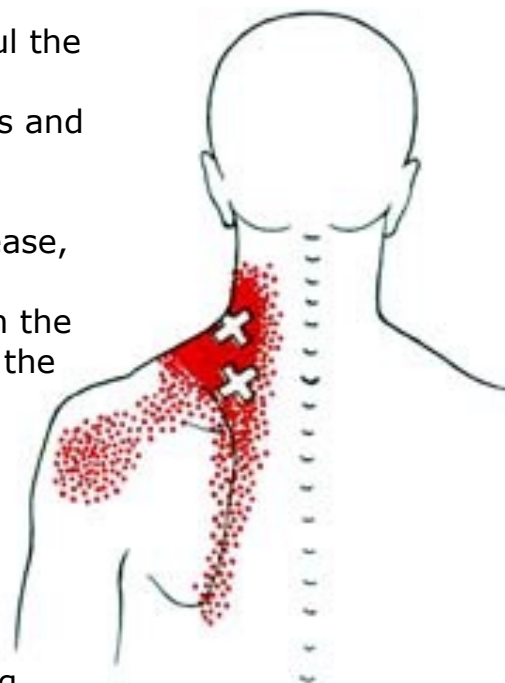
Extensive notes will be provided with this class.



Dr. James Mally
(the one on the right)

Dr. James Mally is an orthopedic massage therapist, teacher, and educational content producer with five decades of experience. He teaches workshops around the globe and founded MassageLibrary.com

James R. Mally, N.D. is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Provider # 451329-10.



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