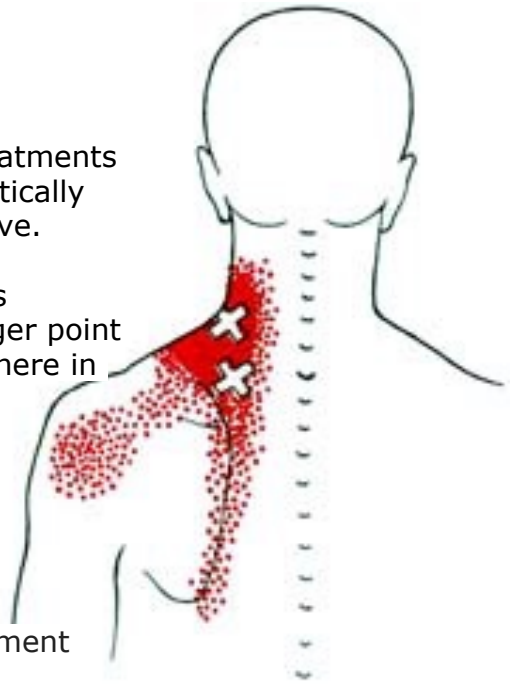
Trigger Point Therapy and Counterstrain

with Dr. James Mally

June 6, 2027

Sunday 9 am - 6 pm (8 hours)

$200 + $10 materials



Learn a painless, effective way to release trigger points!

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

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

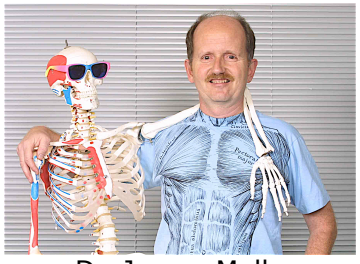
In this class, you will learn:

- different types of trigger points
- how to find trigger points
- common 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 become pain-free.

Counterstrain techniques will also be shown for improving mobility in joints for your clients with joint issues.

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 over 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.

Register at www.massagelibrary.com/workshops
or by calling 916-847-9304

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