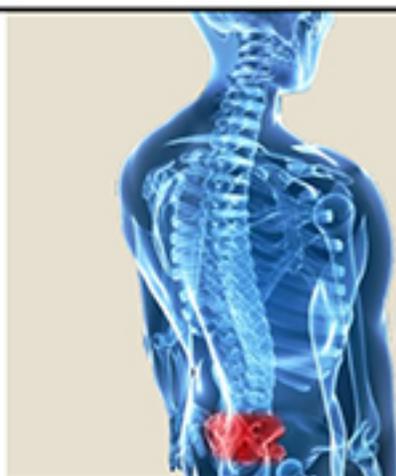
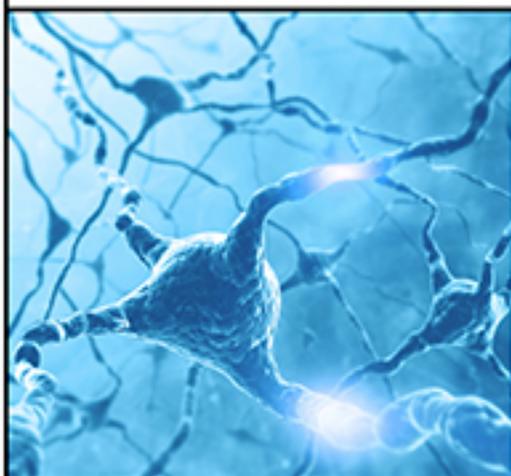
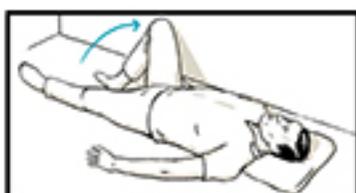
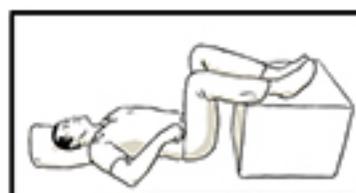


Do It Yourself **BACK PAIN RELIEF IN 90 SECONDS**



**The pain free approach to
resetting the nervous system
and releasing muscle spasms**



**Gadi Kaufman NMT, JSCC
gadibody.com**

Testimonials

“I feel reborn! Although more than one month has passed, the back pain has never come back.”

– Toshi K., Torrance, CA – Yelp

“I have suffered from back pain for twenty years, and this method has helped tremendously. It is gentle, not painful, and is effective.”

– Mery Girl, iBooks

“This book is a great way to utilize the releases he uses on me in his office while at home. They are simple and work wonders. The book is a great guide and very easy to use. If you are in pain, buy this book!”

– Vanessa – Amazon

“I have used this book to help me get out of pain! Using the releases illustrated in this book, I was able to calm down my muscle spasm and be back to normal in less than 24 hours. Try the easy-to-follow instructions in this book, be patient, and see what wonders it can accomplish!”

– Dr. J. Sullivan – Amazon

“I call him Gadi ‘The Maestro’ Kaufman because he is a virtuoso with his fingers on the muscles of the body! He truly is a ‘nerve whisperer.’”

– C’s M, Nevada City, CA – Yelp

“Gadi Kaufman was the first practitioner in twenty years to help me get free from pain. Other well-meaning and highly-trained folks tried, but this method has worked for me better than anything else. If you suffer from back pain, then buy this book. I use it all the time, and it works.”

– BBRomm – Amazon

“Once you take the time to understand the true sources of your pain, these positions can change your life. I am thankful to Gadi for giving me my physically-active life back. I now do several of the key positions each day. Give it a try.”

– P. Orosco – Amazon

“Seeing Gadi and doing the exercises in this book are my last resort after having tried chiropractic care, trigger point shots, shiatsu massage, physical therapy, and acupuncture. I am beginning to sleep better due to my muscles learning how to relax, and am experiencing a lessening of high night time cortisol levels. I highly recommend this book to anyone who is looking for a proven method of pain relief for tight spastic muscles.”

– Anonymous – Amazon

“This guy is simply a genius. I have been seeing him for a month and am now pain free. The thing that I like the most is that he is a no-frills guy who just wants to help people.”

– Richa K., Culver City, CA – Yelp.com

“Gadi is the best! The Strain Counterstrain method is the only method that works for relieving pain in my back.”

– Rachel F., Irvine, CA – Yelp.com

In-Office Clients

“I had an automobile accident that resulted in two back surgeries. I worked with physical therapists for 40 years but was unable to regain complete mobility, and I suffered from chronic pain. As I aged, my mobility declined and the pain grew more aggravated. Gadi Kaufman changed everything. Today I am restored to complete mobility and am pain free. It’s a miracle to be able to walk like a normal person and even play sports. Gadi Kaufman is a genius who will improve your life.”

– Neil Levin, California

“The type of therapy that Gadi Kaufman uses has been a life saver for me! I’ve been able to stay active and play tennis after 20 years of suffering from severe muscle spasms in my upper body. I also learned how to deal with occasional muscle spasms on my own. He has changed my life and taught me how to be aware of my body and maintain good posture.”

– Robin Thayer – Marina del Rey, California

“A treatment with Gadi is better than any massage. You will feel like going into a deep sleep. The technique addresses the real issue—muscles that want to relax, but can’t because they are in spasm. The technique will give your body the chance to truly feel better and heal because O2 and blood can now circulate to the muscle. Don’t waste your time or money anywhere else. Go see Gadi!”

– Jane Graves – Los Angeles, California, ladybugjane.com

“I am a fit, committed health professional, but two years ago I experienced so much pain in my rear end and side thighs that I couldn’t function. My world revolved around my pain. ‘How does one live with such pain?’ was the question asked by a team of practitioners including a podiatrist, neurologist, neuro-surgeon, chiropractor, acupuncturist, physical therapist, massage therapist, and psycho therapist. All had opinions, but Gadi was the only person that said ‘you don’t have to’ and then proceeded to alleviate my spasms and give me methods to relieve them myself. I am back in the gym, walking, biking, and doing yoga. What a relief! Thank you Gadi.”

– G. McMahon RN, BSN – Calabasas, California

“I could not thank you enough for helping me get rid of my headaches following the bus accident in Rome. I had never suffered from frequent headaches in the past, but after the accident, I lived on pain killers. One visit with you relieved the pressure from my neck and the headaches were gone.”

– Hanna Lidgi – Thousand Oaks, California

“I suffered from plantar fasciitis for 9 months before I went to see Gadi. The pain in my heel was constant and close to debilitating. Prior to seeking treatment from Gadi I was treated by a podiatrist and a physical therapist, neither of whom was able to help. Gadi suggested that the problem was not originating from my heel or foot, but from my calf. He treated me 6 times over the course of 3 weeks. And just like that... problem solved. Gadi’s method of relief cost me a fraction of what I had already spent for unsuccessful visits elsewhere. To say it was nearly like magic is not hyperbole. Thank you, Gadi!”

– Jeff – Los Angeles, California

Do It Yourself Back Pain Relief in 90 Seconds

The pain-free approach
to resetting the
nervous system and
releasing muscle spasms

Gadi Kaufman NMT, JSCC

<http://gadibody.com>

The nervous system is the boss.
The muscles are the employees.

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Introduction

Do you suffer from lower back pain? Is it so bad that you can no longer live a normal life? Does it hurt to get in and out of your car or to sit at the kitchen table? Is it difficult to change position in bed without pain? Or maybe you can't bend over to pick up your kids or a bag of groceries without wincing and grabbing your lower back. People tell you to exercise, but it's too painful and you avoid walking long distances for fear of exacerbating the problem. Instead, you take every chance to lie on the floor in hopes of getting some momentary relief.

You're not alone. Did you know that one out of four Americans suffer from debilitating lower back pain?

The reason lower back pain is so common is that we live in a sedentary society. To say it simply: We sit too much. We sit in the car driving to work. We sit at the office all day because of the necessity of using a computer. Then we sit in the car driving back home. Once there, we sit at home watching television or grab a laptop and kick back into a chair. Sound familiar? All of this goes against the biomechanics of the human body. We are biomechanically designed to stand and walk, not to sit for so many hours a day.

Here in lies the dilemma for the back pain sufferer. To be healthier, you need to do more moving, walking, and standing. But if you have lower back pain, then moving, walking, and standing is not something you can do without crying out in pain.

So how do you find relief? As you know, there are many options out there today and surely you've tried them all: from pain medications to acupuncture, to chiropractic care, massage, and physical therapy or even the last resort of surgery.

Maybe one of these methods has provided you with temporary relief for short periods of time. But did your relief last? Were you able to alleviate your pain long enough to return

to normal life and enjoy your daily activities?

What you don't know about lower back pain

There's no question that these other practitioners have tried with good intentions to diminish your lower back pain. And if you've been to see a massage therapist or another specialist, what you've noticed is that the work they do in treatment is focused primarily on the part of your body that feels the pain—meaning, your lower back. They go straight to the symptomatic area and massage muscles or insert tiny needles. And that seems logical, right? Well, maybe not.

In this book, you're going to learn some very important information about lower back pain that you have not been told by other practitioners.

Did you know that the majority of lower back pain does not actually originate in the lower back muscles themselves? In other words, while you feel pain in your lower back, very often, the source of your discomfort can be traced to the front of the body. Yes, that's right: In most cases the source of lower back pain can be found in the front of the body, and it then radiates from there to the lower back.

There are several muscles in the abdomen and hip area that we use to sit, stand, and walk.

One of the most important is the iliopsoas muscle. This muscle attaches to the side and front of the lower spine. From there it continues down through the inside of the hip bone and connects to the top of the thigh bone on the inside.

Naturally, these muscles get tired from over-use. And when they do, a chain reaction occurs that spells trouble for you. This is what typically happens: When your worn-out and fatigued muscles can no longer function properly, they go through a process that puts them into a spastic state called a spasm. A spasm means they are locked in a shortened position and contracted to the point where they have lost their ability to lengthen. At the same time, the body's nervous

system contributes by helping to put and keep a muscle in spasm indefinitely. And while in spasm, the muscles can twist and torque the spine, cause rotation of the pelvis in several directions (usually forward and to the side), and finally lead to compression of the thigh into the hip socket on one or both sides of the body. (For more details, visit gadibody.com and read the article “Understanding Biomechanics.”)

After all this, you are experiencing a whole lot of pain—which began in the front of the body—that has referred to the lower back and hips. And as if that isn’t enough, this chain reaction causes the spinal muscles (which are on either side of the spine starting at the sacrum running all the way up to the back of the neck) to spasm as well.

The good news is that you can do something about it. And in this book, you’re going to learn how by using a technique that focuses on the source of the pain which is at the front of the body. This technique is called Strain Counterstrain. A friendlier name for this technique is positional release. Although the word “strain” is included in its name, there is no straining involved. Instead, it’s a passive, gentle, and stress free way to bring relief to your lower back pain. It doesn’t require any spinal manipulations, uncomfortable maneuvers, or deep tissue massage. You’ll do it without harsh medications or additional pain. And best of all, you can do it on your own, at home, without equipment.

Before I can teach you how to do this remarkable technique, it’s important to first understand the concept behind Strain Counterstrain, which involves the body’s muscular system and its nervous system.

Understanding the muscular system

Your muscles work as the cable system of the body. Some of your muscles are responsible for movement of the body, while others are tasked with holding the body up against gravity. Your bones have no ability to move on their own.

The only reason they are able to move is because they are connected to muscles. The role of the muscles is to move the body in space, and if we hope to live a healthy and productive life, our muscles need to function properly.

In a perfect world, healthy muscles would contract (shorten) and stretch (lengthen) as necessary and enable you to move around with ease. You could get in and out of a chair without difficulty. You could bend down and pick up something off the floor without hesitation.

Unfortunately, we don't live in a perfect world, and the reality is that in our hectic modern lives, our bodies don't always perform the way they are naturally designed. Most of us don't use our muscular system in the most efficient way. All too often, the muscles you're supposed to use when walking down the street, or raising your leg to step into your car, or kneeling down to pick up something, are not properly engaged.

The body is hardwired to push through physical limitations and keep us moving, even in less than optimal circumstances such as these. So when a muscle is unable to do its own job, the body automatically recruits neighboring muscles to pitch in and help. And while these helper muscles do their best to comply with these requests, they can only deliver for a limited period of time. Even then, they do so at a cost. As they perform tasks they were never intended for, a burden is placed on the entire muscular system and it doesn't take long until a breakdown occurs. Some muscles become over-used while others become under-used. This leads to a muscular imbalance. Muscles become fatigued and fall into a weakened state.

Our bones are dependent on our muscles. We know that our muscles are not independent structures and they do not have a mind of their own to inform them when to engage. They do not decide on their own when to contract, lengthen, or to stay locked in a spasm. So how do our muscles know what to do?

The role of the autonomic nervous system

For any muscle to take action—whether it's healthy or unhealthy—it must receive instructions from the brain. The brain sends instructions (electric signals known as impulses) to the muscles through the nervous system, and the muscles receive these signals through sensors that are embedded in the muscle fibers.

If your muscles are functioning properly, they receive instructions to perform by contracting and stretching, and you can get where you need to without discomfort.

But when muscles are not functioning properly and they are stuck in contraction (spasm), then the whole muscular system is in chaos.

As you can see, the nervous system's role in creating a painful muscle spasm is critical. The process begins with an over-used muscle that has become fatigued, or with an over-stretched muscle which is at risk of being torn.

In order for this dysfunctional muscle to find out what it should do under these difficult circumstances, it sends a distress signal to the autonomic nervous system in the form of alpha signals. This muscle is in trouble and is reaching out to the nervous system for help. It is saying to the autonomic nervous system that there is a threat to normal activity and it is unable to engage properly. In response, the autonomic nervous system communicates to the muscle by sending gamma signals that instruct the muscle to stop functioning. And once it does stop, a spasm is created.

So far we've described how the exchange of alpha and gamma signals begins with the muscles.

This exchange of messages can also start from the autonomic nervous system when a person is under a tremendous amount of emotional or psychological stress. Either way, this is where trouble starts and takes you down the path to a muscle spasm.

At this point we have a Catch 22 situation.

The autonomic nervous system and the spastic muscle continue sending alpha and gamma signals back and forth and the muscle cannot get out of the spastic state. Believe it or not, the autonomic nervous system's underlying goal is to keep that muscle in spasm because the spasm works as a protective measure. It is called "protective muscle spasm reflex." And as long as the spastic muscle sends alpha signals, the nervous system will continue to send its gamma signals back; on and on it goes. This is why a spasm in a muscle can last for years, and often in a location that is not in the same place as where you feel the symptoms. All the while, the autonomic nervous system may be trying to protect the muscle. This dynamic results in health problems and debilitating pain.

Let me take a moment to be clear that a muscle spasm is not a medical condition. It is a physical condition of the body and it is being used as a defense mechanism against what might be perceived as a threat to normal activity. The muscle is locked in contraction and has lost its ability to lengthen. And while a muscle spasm may not begin as a medical condition, it can certainly develop into one if left untreated. A spasm can compress many blood vessels. There are about 60,000 blood vessels in the body, which is equivalent to the length of almost 2.5 times around the earth. Muscle spasms compromise blood circulation and slow down the supply of oxygen and nutrients into the muscles. They also prevent the removal of waste products, such as lactic acid, out of the muscles.

Strain Counterstrain Really Works

If you're in the grip of lower back pain right now, you know how tough it is to get the discomfort under control. And now that you know the role of the autonomic nervous system in creating your pain, it's understandable that massage, stretching, and exercising, as you probably tried in the past, will not have much impact on the protective muscle spasm reflex

mechanism. Sometimes it might even be counterproductive and exacerbate the spastic condition because these therapeutic modalities will increase the alpha signal activity from the muscle fibers, and keep over-stimulating the autonomic nervous system which keeps the muscle in spasm. So even though you're trying to heal, with each passing day, your frustration increases while your pain remains.

I saw this occur as a practitioner during many years of work in manual therapy, including sport massage, stretching technique (proprioceptive neuro facilitation, muscle energy technique) exercise protocols, myofascial release technique, and joint mobilization. I experienced frustration at my unsuccessful attempts to release a muscle spasm and stop the pain of my suffering patients. But once I was exposed to the Strain Counterstrain technique, something clicked.

It all began many years ago when I first heard about the Strain Counterstrain technique. After reading more about it, the technique made physiological sense. During the training and certification program, I was amazed over and over again how fast my spasms and the other students' spasms were released with such a gentle technique.

To me, the process of releasing a muscle spasm is no different than when we switch on and off a computer. In both cases we manipulate electrical currents. The difference is that in the body these electrical currents are called reflexes. In order to release a muscle that's locked in spasm, you need to break the continuous hyperactivity of these reflexes (electric signals) between muscles and the autonomic nervous system. The Strain Counterstrain technique is specifically designed to accomplish this by switching off the alpha signals (which are signs of distress) from the spastic muscle, so the autonomic nervous system will stop sending the gamma signals (which is the spasm). When the signals stop, the spasm will release. That's because when alpha signals stop, the gamma signals will stop too. As a result, the muscle fibers will release their pressure on blood vessels, improving blood circulation, which

means more oxygen and nutrition to the muscle cells, and more efficient removal of waste products, such as lactic acid, out of the muscle. This allows the healing process to begin.

As soon as I included this technique into my practice, my ability to help people increased tremendously. Now, when people come to me in pain—or perhaps they are guarded with their movement out of fear of pain—I can help them.

I first release the spastic muscle and then mobilize the joint which releases pressure and helps it to move more freely with less pain. Once out of pain, my patients can begin to stretch the muscles which are no longer spastic, as well as strengthen the opposing muscles through exercises.

Most often, by the time a patient comes to me, they have already tried all other modalities without success. Maybe they find me through a referral or they find me on the Internet, and want to give Strain Counterstrain a chance. And now, after so many years of applying this technique to my patients, I am still amazed—despite understanding the physiology that explains why it works—at how effective it is at releasing muscle spasm and providing relief.

This technique has been around since 1955 after it was found and developed by a physician named Dr. Jones D.O. He had been treating a young patient with severe lower back pain with the manipulations he had been taught in the school of osteopathy, with not much relief for the patient. The young patient mentioned that he did not have good night sleep, and suggested that he might take a short nap, and then the doctor should try again, maybe with more success. The doctor put him in a comfortable position and the patient fell asleep for 20 minutes. When he woke up, he told Dr. Jones that the lower back pain was gone. It was the comfortable position that slackened the psoas muscle (which was the source of the pain). This outcome motivated him to explore the relationship between the muscle's spasm and the nervous system, and how slackening the spastic muscle and keeping the body in a comfortable position would trigger the autonomic nervous

system to stop the protective muscle spasm reflex.

Strain Counterstrain Basics

Even though I treat patients in my Santa Monica practice for different kinds of pain, and many of the maneuvers require an experienced practitioner, there are several releases for lower back pain that can be done effectively at home.

The technique involves putting your body into specific positions that are designed to slacken the muscle that is locked in spasm. Think of it this way: every muscle has two ends that are attached to bones, called the origin and insertion points. By moving these two ends closer to each other, the muscle will relax and shorten, taking the tension off and loosening it. Once the muscle is in this comfortable position, it stops sending the alpha signals to the autonomic nervous system. In turn, the nervous system stops sending back the gamma signals. With the cycle of distress signals interrupted, the muscle is released from the spasm and you can find relief from your pain.

It's important to note that if the iliopsoas muscles stay spastic for long periods of time, they will twist and torque the spine. This increases pressure on the vertebrae, decreases the space between them, and squeezes the disc out of its normal location between the vertebrae. The disc will start to shift to the side, back or front, impinging the nerve root which exits the spine, and cause more symptoms in the form of pain, tingling, and numbness down the legs, sometimes all the way to the feet.

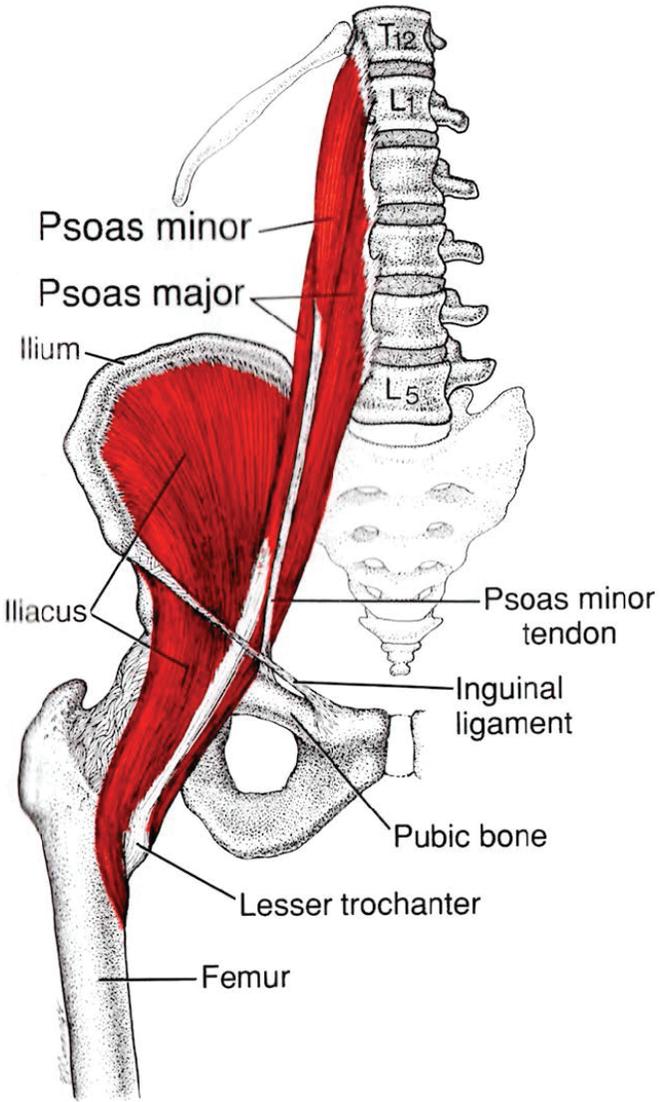
This is the reason we begin to treat lower back pain by first focusing on the front of the body, and not the back where you are feeling the pain. You want to first deal with the cause, and then you can pay attention to the symptomatic area and perform releases for those parts of the body.

The effect of this technique is cumulative. The more you repeat the releases on a daily basis, the more you will provide

efficient circulation to your muscles. This makes them less susceptible to spasms and injuries, and expands your safety zone while performing under the demands of the day. So releasing muscle spasms will help not only with pain reduction, but also allows your muscles to work together in unison as one coordinated and orchestrated system.

An additional benefit to this technique is that it will produce a whole-body relaxation affect. The Strain Counterstrain technique will change the operational mode of the autonomic nervous system from the sympathetic mode (fight or flight) to the parasympathetic mode (relaxation). And it will relax you so much that you may fall asleep. This is beneficial for the healing process when you are in pain.

Psoas



What You Need to Know

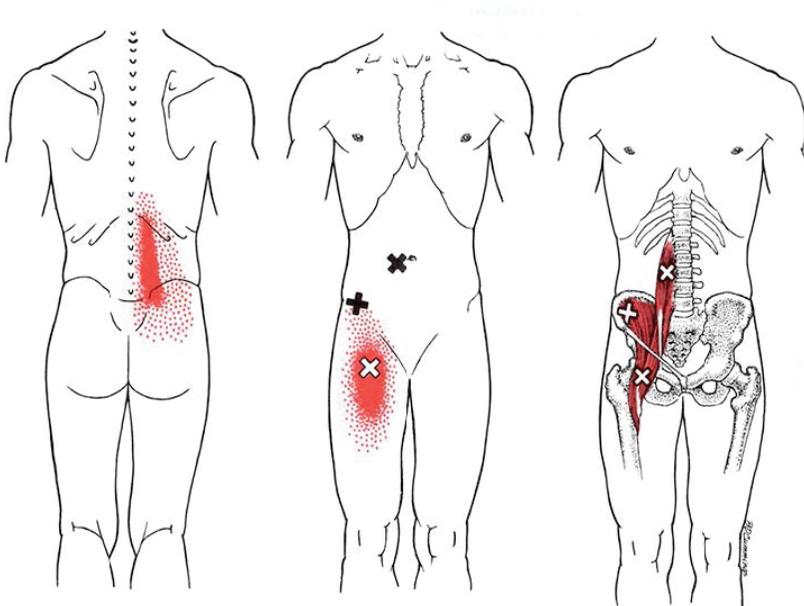
The psoas muscle is located on the left and right sides of the lumbar (lower back) area. The psoas muscle connects to the side and front of the spine at T12-L5, passing through the pelvis and attaching at the femur (thigh bone) at the upper leg.

This muscle is the most used and abused in the body, because we use it all the time for walking, standing, and sitting.

Where You Feel the Pain

A spastic psoas muscle usually refers pain to the lower back, on the same side as the spasm.

You can also feel pain in the front of the body, around the location of the muscle itself: in the hip, abdomen, and upper part of the leg.



From Travell and Simmons' *Myofascial Pain and Dysfunction: The Trigger Point Manual V. 1 and 2* Copyright © 1998 and 1992 by Wolters Kluwer Brown.

How to Perform the Release

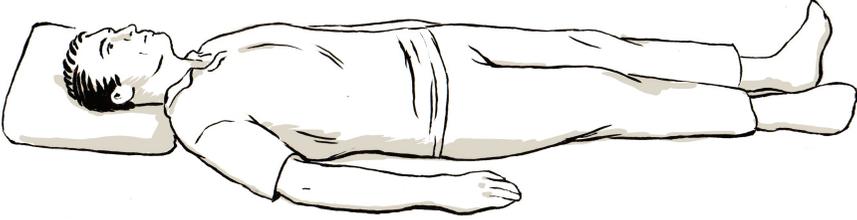
For this release, there are four tender points to locate: two on the right side (one upper, one lower) and two on the left side (one upper and one lower).

Perform this release 4 times, once for each of the 4 tender points (meaning: twice on the right side of the body, and twice on the left side). Be sure to start with the side of the body where the tender points are most painful. Usually, for most people, this is the right side.

As you perform this release, you may discover that when you work an upper point, it might also release the lower point of the same side of the body because when you release the muscle, you slacken the whole muscle, not just the point. If this happens, it means that the muscle has been released and you can skip doing the release for the lower point.

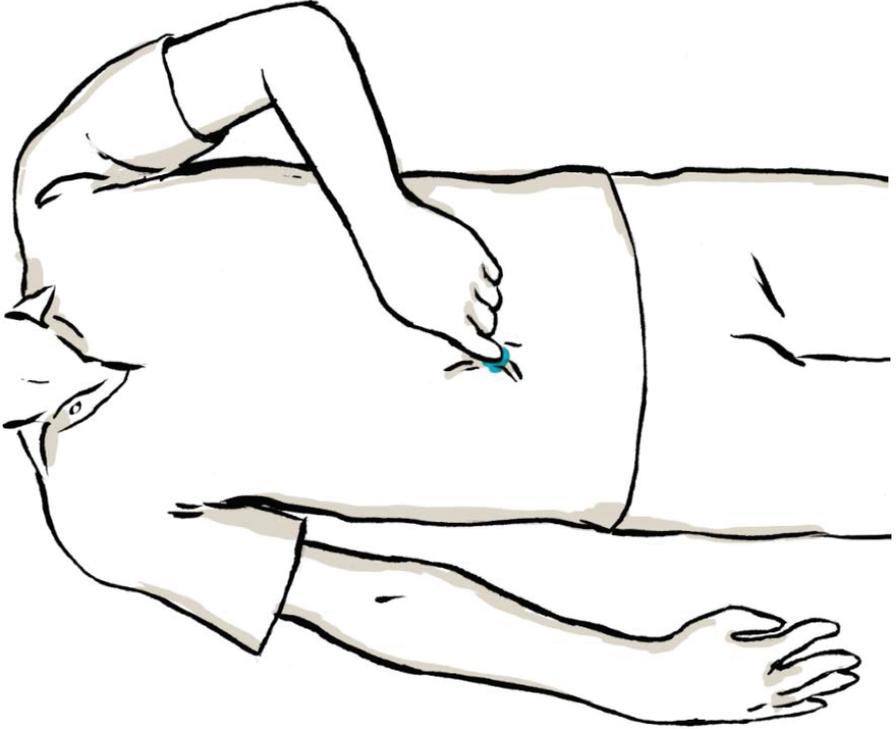
Perform the release on the side of the body where the tender points feel sensitive—even if you do not have symptoms on that side. Do not confuse the pain you feel with the pain you feel in the tender points. It's the tender point that determines the side of the body on which you will perform the release.

Find the Tender Point: Step 1



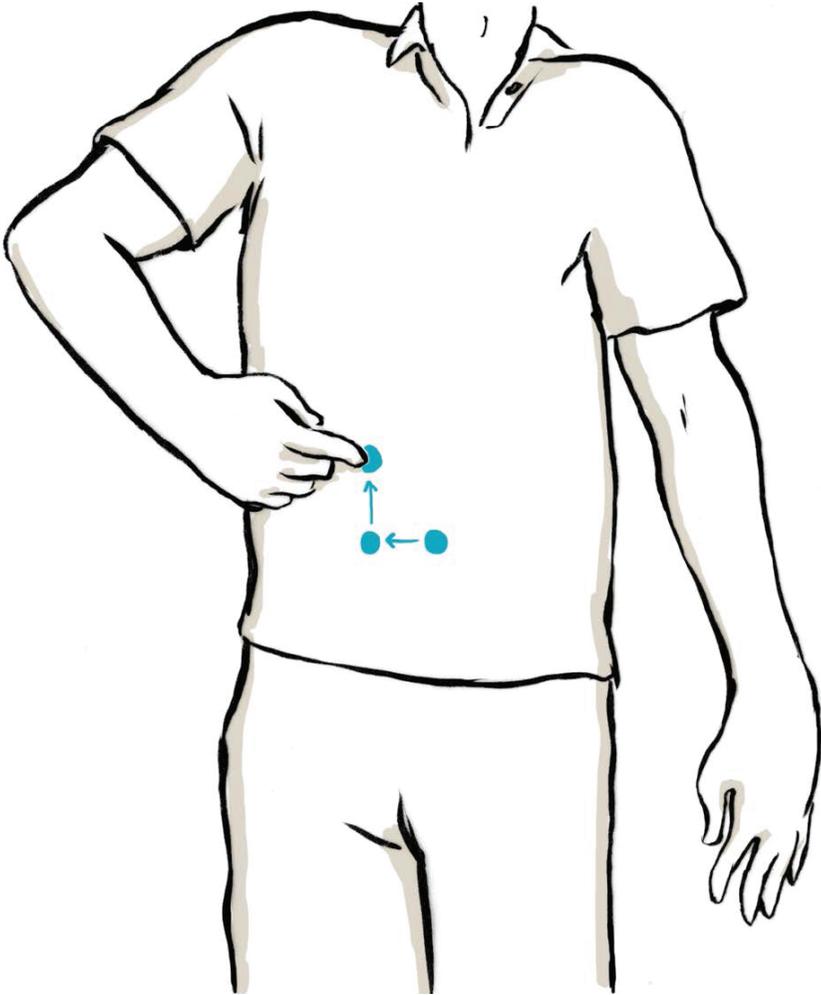
Lie on your back, on the floor or bed, with legs straight and arms extended by your side. You should be relaxed and comfortable.

Find the Tender Point: Step 2



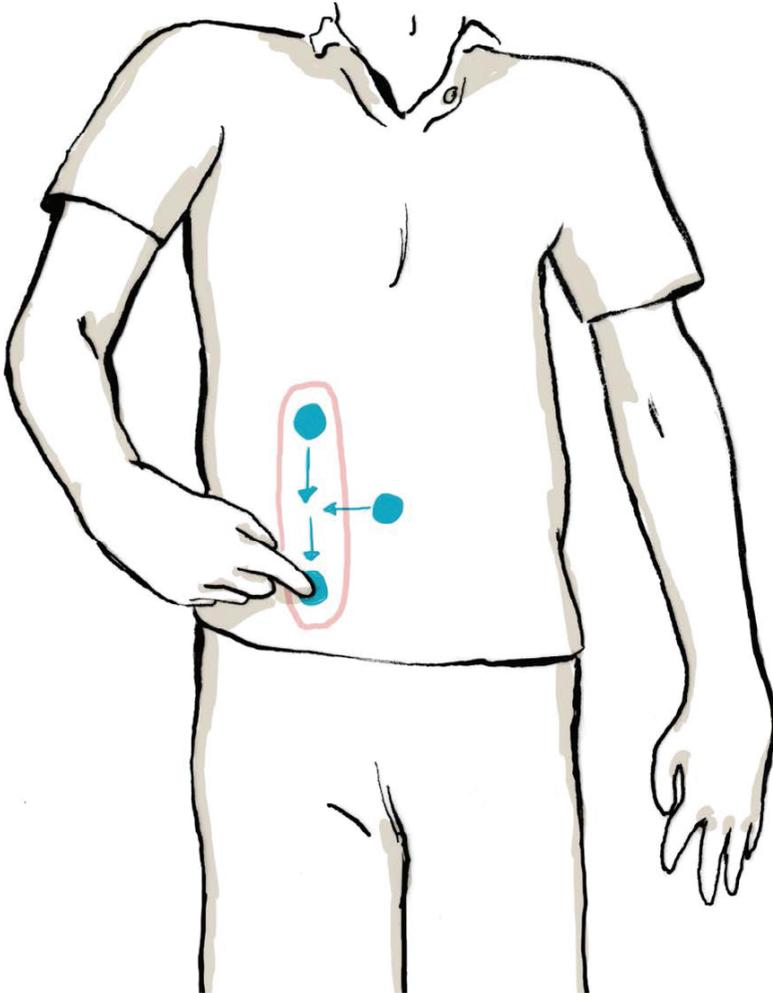
Place finger on the umbilicus (belly button).

Find the Tender Point: Step 3.1



Move your finger 2 inches toward the outside of your body and then 1 inch up, in the direction of your head. This is the upper point. Then from that point, move the finger 2 inches down toward your feet. This is the lower point.

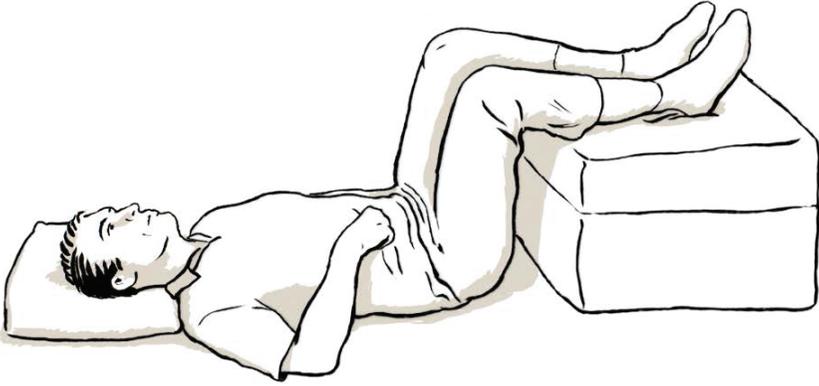
Find the Tender Point: Step 3.2



Deep poke 2 times. When you poke, the pressure should be 4 times harder than a light poke because this muscle is deep. It should feel tender, painful, or resistant to the touch. Sometimes, it will feel like a cable.

A tender point is about 1 inch (2½ cm) in diameter under your finger.

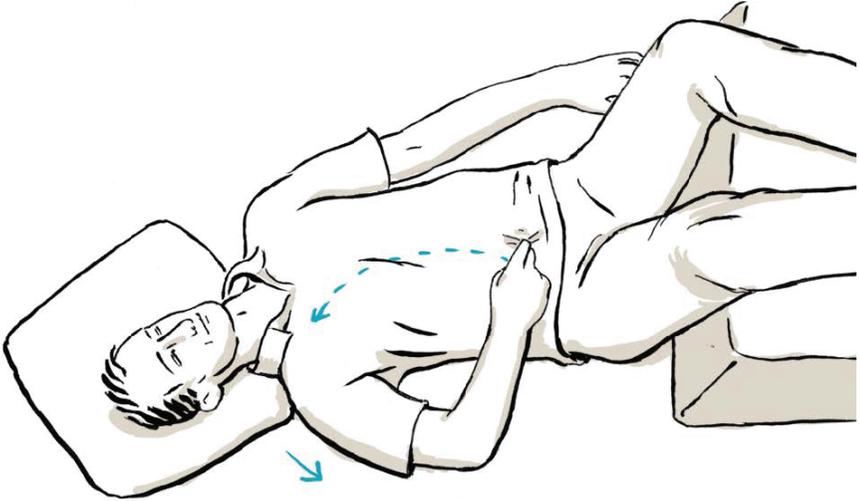
Get Into Position: Step 1



Once you have found the tender point, change finger pressure to a light touch, just to maintain location of the tender point.

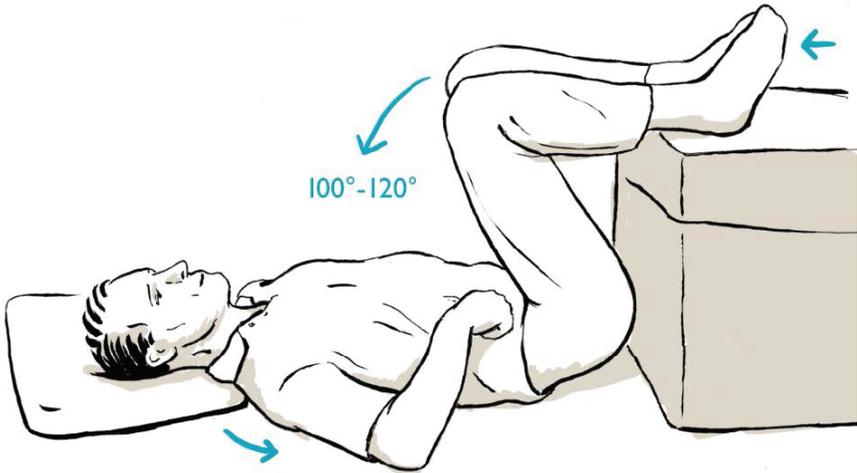
One leg at a time, place both legs on the seat of a couch or on a large foam block. Knees are bent at 90–100 degrees. Both the knees and feet are hip-width apart.

Get Into Position: Step 2



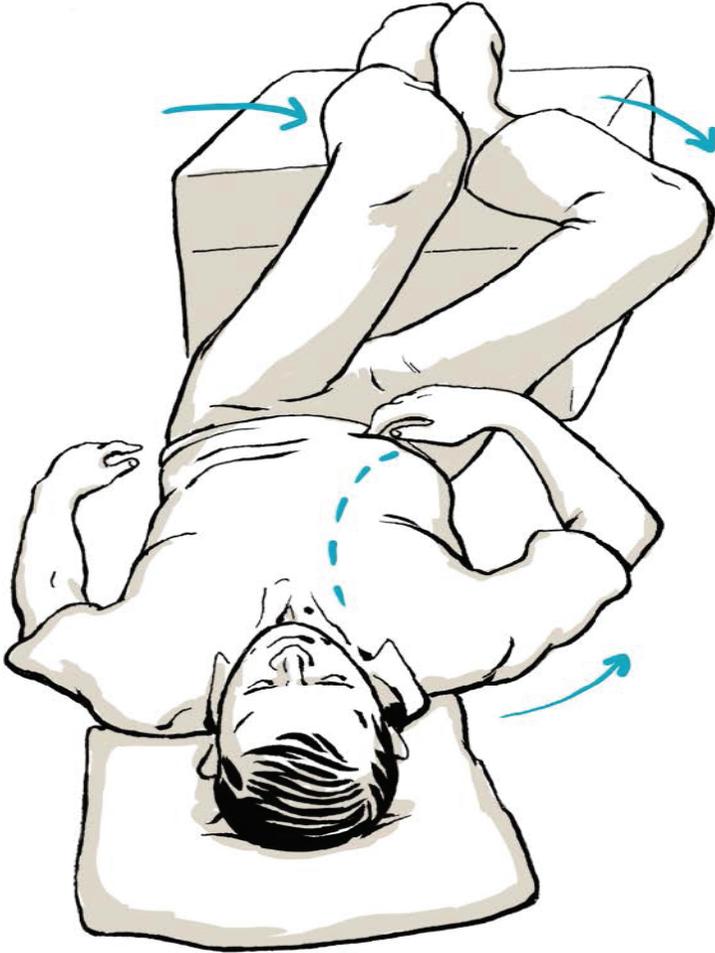
Slide both shoulders slightly toward the tender point on one side of the body, creating a 'C' shape in the upper spine.

Get Into Position: Step 3



Pull both knees (still hip-width apart) toward your head until they are bent at 100–120 degrees.

Get Into Position: Step 4



Drop both knees to the side of the tender point, so they are resting one on the other.

Be careful to only flex comfortably. It's okay if there is space between your legs, as long as you are comfortable.

Once your knees have dropped to the side, make sure that the angle of your knees to the floor is 45–60 degrees.

Get Into Position: Step 5

Your body must be in the correct position for the muscle release to take place, so you will now use the tender point to find out if you have placed your body in the correct position.

Make 2 deep pokes in the tender point.

If your body is in the correct position, the tender point will be 60–70% softer, or less tender and painful, or both, than the first time you poked in this spot.

If you are not in the correct position, adjust your body slightly. For example, move your shoulders more to the center or to the side. Next, move your knees higher toward your face, or away from the face; or drop them a little more or a little less. The adjustments are a combination of the shoulders and the knees. This is subtle. Imagine that you are looking for a radio station with a knob. You have to wiggle your body to find the right position for the release to succeed.

After each adjustment, check the tender point again with 1 deep poke.

Continue to adjust your body position until the tender point is 60–70% softer, or less tender and painful, or both, than the first time you poked in this spot.

Perform the Release: Step 1

Once you have found the correct position, change your finger pressure on the point to a light touch.

Hold this touch and your body position for 90 seconds. This is when the muscle release occurs.

Your position should be passive and comfortable with no effort. You must be relaxed and must not use your muscles to hold yourself in place.

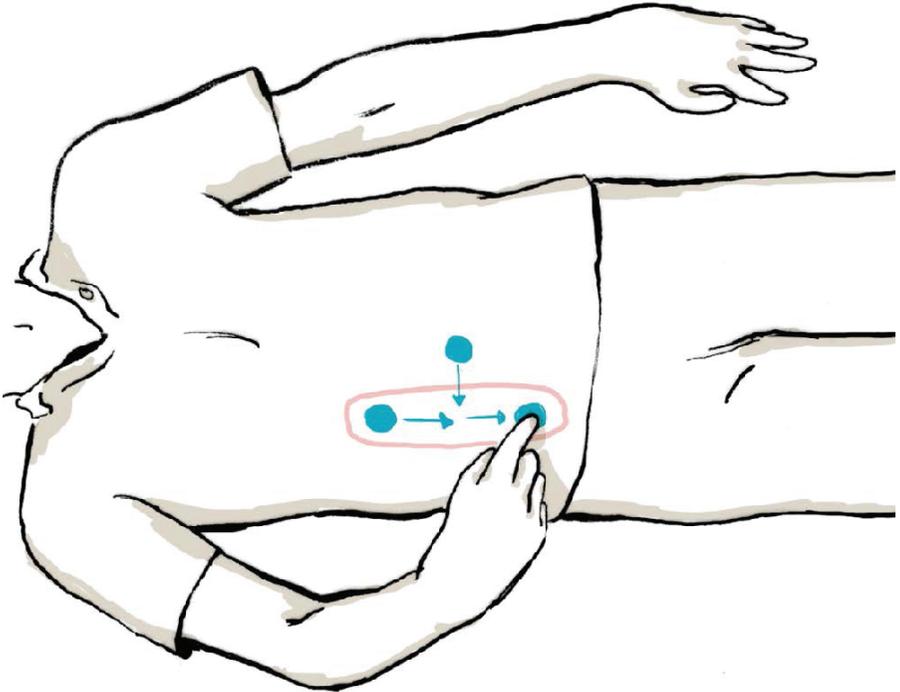
Keep your finger on the tender point with a light touch.

Do not move your body. The release is not caused by the pressure of your finger on the tender point. It's the placement of the body which puts the muscle in the correct position so the spasm can stop.

Perform the Release: Step 2

After holding for 90 seconds, make 2 deep pokes into the tender point. It should be 60–70% softer, less tender and painful, or both.

Quality Check



Keep a light touch on the point as you return to neutral position. Move one leg at a time back to the floor or bed, and straighten them. Slide your shoulders back to the center.

Check the tender point one last time with 2 deep pokes to confirm that the release was successfully executed.

This is the real test to determine if the spasm has been released.

Conclusion

Congratulations, you have completed all the releases of *Back Pain Relief in 90 Seconds!*

To maintain the benefits of these releases, be sure to scan and look for these tender points regularly—even if your lower back feels good, and you are not consciously aware of pain. Don't stop doing the release when you feel better. Keep doing it to prevent the muscles from becoming spastic again because we have to use the muscles all day long against gravity, and to maintain the health in your muscles.

The healing effect of this technique is cumulative. The more you do it, the more you supply the muscle with efficient circulation, and the easier it will be for the muscle to answer to the task it is being asked to do during the day. It will expand your safety zone, which is the time period in which you can do things without back pain.

If possible, do this release at least 2 times a day. The more the better. The more you do it, the more efficient you will become. Over time, you will learn to trust your finger to find the tender points, and to find the correct position for the release. It all becomes easier in time.



About the Author

Gadi Kaufman, NMT, JSCC, is a Certified Neuromuscular Therapist with a thriving private practice in Santa Monica, California. For more than 20 years, Gadi has provided relief of back pain for countless patients in Southern California. Gadi's approach to treatment focuses on the Strain Counterstrain technique, a unique and pain-free method for resetting the nervous system and releasing painful muscle spasms throughout the body. He has a degree in physical education, and certifications in neuromuscular therapy, applied kinesiology and Strain Counterstrain Technique.

Find more information about Gadi Kaufman and the Strain Counterstrain Technique at: gadibody.com.

Purchase Gadi Kaufman's book:

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