



Chris Michels MSPT, JSCC, BHSP

Chris graduated with a Master's Degree in Physical Therapy (MSPT) from New York Institute of Technology in 2000 and has been an avid learner of the healing arts ever since. He is a board certified specialist in the Strain Counterstrain technique and teaches for the Fascial Counterstrain Academy here in Portland.

He believes in using a holistic approach in diagnosing and treating the body, mind, and spirit. He takes pride in honing his healing craft and is adept at helping people suffering from a wide variety of ailments.

DO YOU SUFFER FROM ANY OF THESE SYMPTOMS?

- | | |
|---------------------|---------------------|
| Headaches/Migraines | Impaired Immunity |
| Fatigue/Weakness | Sciatica |
| PTSD/Anxiety | Numbness/Tingling |
| Swelling | Limited Motion |
| Nausea | Neuralgia |
| Brain Fog | Tinnitus |
| Fibromyalgia | Rotator Cuff Issues |
| Sinusitis | Rib pain |
| Dizziness/Vertigo | Impaired Breathing |
| Poor Posture | Digestive Issues |
| TMJ Syndrome | Unexplained Pains |
| Concussion Syndrome | Chronic Pain |

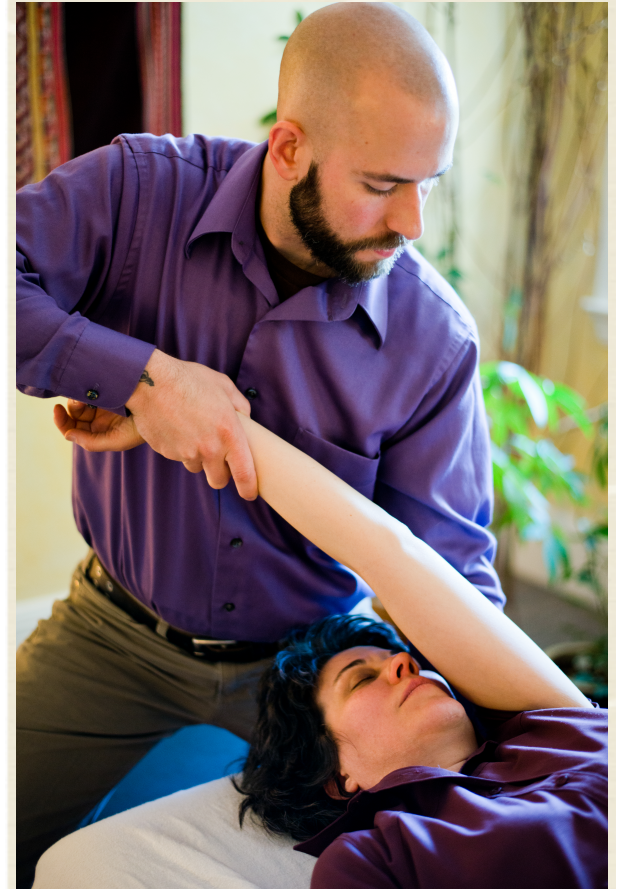
Have You Tried Everything, But Nothing Is Working? Then Come In For One Treatment And Feel The Difference!!!

Schedule An Appointment Today!

Call or Text (516) 375-6103

Email: Chris@chrismichelspt.com

CHRIS MICHELS PHYSICAL THERAPY, LLC



Are You And Your Family Living A Pain-Free Life?

NO? Then Make An Appointment Today!!!

(516) 375-6103

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www.chrismichelspt.com

NOT JUST CHANGING SYMPTOMS, CHANGING LIVES

What is Fascial Counterstrain?

A gentle form of hands on therapy designed to treat strains in the deep fascia of the body, thereby eliminating the cause of pain and dysfunction.

What is Fascia?

Fascia is the connective tissue web that covers and protects all systems in the human body. It acts like a giant sensory blanket by containing stretch receptors and pain receptors designed to protect vital tissues from harm. When vital tissue is strained, muscles surrounding the area become protectors and guard by getting tight and painful. They also become over sensitive so that they are more easily irritated.

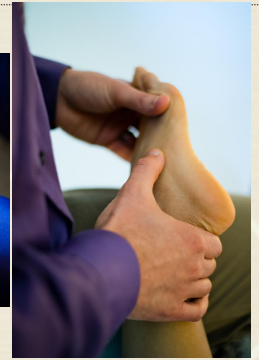
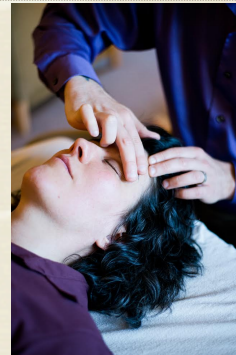
How is Fascial Counterstrain Different From Other Modalities?

Fascial Counterstrain treats the Viscera (organs), Arteries, Lymphatics, Veins, Nerves (peripheral and autonomic), and Musculoskeletal System which are often the root cause of chronic dysfunction in the body. Tissue is shortened instead of stretched which allows the pain reflexes to be reset and healthy motion to be restored. This allows the muscle protection to release, optimal blood flow and drainage to be restored, enhanced immune response, and improvement in strength.

Get Your Life Back, Make An Appointment Today!!!

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What Are Clients Saying?

"After 10 sessions of traditional physical therapy my issues were only 50% resolved. I was referred to Chris Michels Physical Therapy since nothing else seemed to help with my foot and shoulder issues. After one session, my foot pain was completely resolved and I jumped on the bandwagon to tell as many people as I could about Fascial Counterstrain! My shoulder issue which has a more complex and long standing history has been greatly improved and I know that with another few sessions Chris will get it back on track. Fascial Counterstrain and Chris' expertise with this type of treatment have made me a true believer and I'd recommend this work to anyone who has pain that needs relief" KR

For more success stories visit
www.chrismichelspt.com



Swelling of the ankles and feet prior to treatment.



After 1 treatment of the vascular system.

"AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE".

An old expression explaining that it will be less effort and cost to prevent an ailment or unwanted happening rather than having to fix it after the fact.

Many clients schedule Fascial Counterstrain after an injury or ailment which is great, however I recommend that clients come in for a tune up at least 3-4 times per year to check for potential problem areas before they erupt into something worse.

Aftercare Following Treatment

- 1) Drink plenty of water. Stay hydrated by drinking 9-11 glasses of water a day to keep post treatment soreness to a minimum.
- 2) Avoid strenuous activity for 1-2 days following your session to allow your body to integrate its new healthy pattern.
- 3) You may experience increased soreness after your session that will last for 1-2 days. Light activity such as walking and swimming are helpful during your body's adjustment to your new range of motion.