



## Reflex Relaxation™

Reflex Relaxation™, or Reflex™, has been developed by Ernie Quinlisk, P.T after working with patients with varying diagnoses for over 20 years. This work has been directly influenced by the significant contributions of John Iams, P.T. and Robert Scaer, M.D. to the study of pain and somatic dysfunction.

For the sake of achievement, relaxation has become a lost necessity in our society. Many of us do not know how to relax or what it feels like to be relaxed. This typically results in cumulative stress with no way to release it, causing pain and various levels of bodily dysfunction. Imagine blowing up a balloon and never letting any air out. Sooner or later it has to pop! Think about it... what do you do to relax?

Ernie has discovered a simple yet profound method to relax the nervous system, which can have a dramatic effect on muscle tension, anxiety, stress, insomnia and pain. He researched how various receptors in the skin, muscles, tendons and joints, called mechanoreceptors can create a sense of relaxation if they are properly stimulated by a trained medical professional using these specific techniques.

Reflex™ will help you feel what it is like to be fully relaxed. You will experience less tension in your neck muscles, hands and feet, less clenching of your teeth, a softening of that pit in your stomach and a decrease in the pounding of your heartbeat. Depending on the patient's preference, this technique can be done directly on the skin or through the clothes. Reflex™ is gentle and painless. By the way, most patients experience relief of pain and stress, regardless of how long he or she has been suffering.

When the treatment is complete, patients report pain relief, a sense of euphoria, "floating" and relaxation. Reflex™ will benefit anyone that experiences stress. It has been effective for all types of individuals... from athletes of all levels to the average person sitting behind a desk all day. It is very effective for frail patients such as the elderly that suffer from chronic conditions like osteoporosis. Reflex™ will also benefit the average person who experiences the daily cumulative effect of stress on their body.

A Reflex™ treatment typically takes about 30 minutes or it can be done in conjunction with other treatments. I frequently use Reflex™ to help a patient relax prior to using other physical therapy techniques in as little as 5 minutes.