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Jones Strain-CounterStrain

John C. Glover

American Osteopathic Association

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Jones Strain-CounterStrain

By Lawrence H. Jones, DO, Randall Kusunose, PT, and Ed Goering, DO. Pp 163, with illus. Jones Strain-CounterStrain, Inc, 1501 Tyrell Lane, Boise, ID 83706, 1995, \$39.95 (paper), \$54.95 (hardcover).

Lawrence H. Jones, DO, originator of the counterstrain approach for treatment of somatic dysfunction, has updated his book *Strain and CounterStrain* (American Academy of Osteopathy, Indianapolis, Ind, 1981). Those practitioners familiar with counterstrain will discover a manipulative approach that is gentle and nontraumatic, easily tolerated by patients, and effective in treating acute and chronic discomforts.

A number of improvements have been made in this revised book. The introductory section has been expanded and helps to clarify the basic information regarding counterstrain. Tenderpoint location and positions for patient comfort for different body regions are grouped into separate sections for easier reference. Each position of treatment and tenderpoint location is described in a narrative format, often with clinical correlations.

New photographs are included that better illustrate and explain the text. New points have been added, while old points, have been clarified. Some name changes have also been included to better reflect anatomic relationships. A much-needed

index has been added as well.

Overall, the changes in this version make learning and using counterstrain much more accessible. I highly recommend *Jones Strain-CounterStrain* to anyone wanting to learn this technique or to increase their existing knowledge of it. Dr Jones' 40 years of experience using counterstrain come through clearly in this book, and counterstrain will help many patients who have not responded well to other forms of manipulation. ♦

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