

## What is the “WOW”-FAKTR?

The “WOW” is just because it’s so amazing in immediately improving pain syndromes. It’s the treatment of choice for Olympic and professional athletes. FAKTR is a very dynamic physical treatment addressing chronic musculoskeletal problems, including joints and fascia. Fascia is the tough connective tissue that holds muscles (and organs) in place, but it is also flexible enough to allow muscles and joints to move. Myofascia is the collective term for muscles and fascia and is like a matrix that covers the whole body. Injured Myofascial Matrix is the most common source of pain in the body. FAKTR is specifically designed to address this problem.

## Why is the Myofascia Matrix responsible for so many pain syndromes?

When the body is injured, such as in a whiplash or sprained ankle, Myofascial tearing occurs. The body’s first reaction is inflammation and muscle tightening to guard the area. As time goes by, inflammation should go down, muscles should relax and the damaged soft tissue should heal. Physical Therapy, Chiropractic and massage will often facilitate healing. In some cases, healing is incomplete or the person doesn’t seek care. Incomplete healing results in chronic restrictive movement and pain in the Myofascial Matrix.

***“When Myofascial tearing occurs... incomplete healing results in chronic restrictive movement and pain...”***

This is because the motorsensory nerves perpetually try and guard the injured area and movement is “discouraged” by way of muscle tightness and sensory nerve pain on motion. This dysfunction can spread to the neighboring joints and soft tissue of the body’s matrix, causing a cascade of weakness in strength, coordination and balance (proprioception) in other regions of the body. For example, a chronically sprained ankle can often affect the knee, hip and low back on the same side.

## What kind of conditions can FAKTR help?

Almost any part of the musculoskeletal body where there has been injury, pain, or restriction of movement.

- Neck pain and headache
- Jaw/TMJ problems
- Rotator cuff (shoulder)
- Carpal tunnel syndrome
- Lower/middle back pain
- Sciatica
- Knee and hip pain
- Plantar fasciitis
- Failed surgeries
- Scar tissue

## What is a FAKTR treatment like?

First it is very easy and fun for patients. Second, it is not just a massage or “muscle work”. It is a dynamic stimulatory treatment using a hand-held instrument that is lightly but briskly used in a sweeping manner on the injured area. This is combined at the same time with body movement and/or certain modalities for neural stimulation.

***“Normal, pain-free movement often follows immediately after a treatment”***

This combination brings the body’s “neurological guarding” of an injured area into a more relaxed or neutral state; the muscles relax and the pain sensory nerves stop signaling “PAIN & INJURY” to the brain. Normal, pain-free movement often follows immediately. It’s like an “adjustment” to the Myofascial Matrix. Many creative and interesting modalities and positions are used to stimulate, challenge, and free up the restricted myofascial area while FAKTR stimulation is being applied.

## What modalities are used during a FAKTR treatment?

A FAKTR treatment may utilize any of the following:

- Whole body vibration
- Elastic band resistance
- Wobble boards
- Walking and stretching
- Posturing into the pain pattern (as in a golf or racquet swing)
- Laser therapy (Class 111 or 1V)
- Joint percussion



## **How many treatments will I need?**

Every injury is different, and the number of necessary treatments will depend on how chronic the condition is and how many times it's been aggravated or re-injured. In general, most people feel a dramatic improvement ("WOW") after the first treatment-and then continuing improvement, with each successive treatment, usually totaling three to six sessions for given area.

## **Patient Testimonies**

*"I've had to deal with 20 years of chronic back pain. Chiropractic has kept me going but now with the FAKTR technique, I have finally felt a release of the constant muscle tension. It's an amazing and subtle process that really works."*

Sherry Gregory,  
Retired psychotherapist and horse trainer  
Lake County, Ca

*"After my car accident my back pain wouldn't go away, I couldn't sit comfortably at work and sleep was difficult. Immediately during my FAKTR treatment my back pain went away. My back felt like it just opened up and relaxed! Thanks, Dr. Fourzon!"*

Yvette Valencia  
Secretary  
Windsor, Ca

*"Due to many injuries and spinal surgery, I always have chronic pain and tension. Dr. Fourzon's approach is always unique, gentle and helpful. FAKTR is no different. He worked on my toughest areas; Mid-back/shoulders, neck, and feet. I felt a profound shift in my muscles and joints, it made something open up, unlock and movement suddenly became easier. After the first session, I stopped limping for the first time in years."*

Rhonda Elliot  
Healdsburg, Ca

*"Three months after fracturing an ankle, I still had to wear a "Boot Wrap" and could only put 10% of my body weight on that foot. After one FAKTR treatment, I could immediately put 50% of my body weight on that foot! After 6 sessions, I can now put 95% of my weight on that foot. I really appreciate Dr. Fourzon's "out of the box" thinking in finding solutions for his patients."*

Jane Roberts  
Retired Bank Executive  
Benicia, Ca

## **Who Developed FAKTR ?**

Tom Hyde, D.C., Greg Doer, D.C., and Vince DeBono, D.C. developed FAKTR, (the full name is FAKTR-PM. The PM stands for provocation and motion) from their combined experience in many soft tissue therapy concepts and sports injury expertise. They have been teaching FAKTR-PM since 2002 to chiropractors, physical therapist, certified athletic trainers, medical doctors, occupational therapist, podiatrist and dentist.

## **Dr. Richard Fourzon**

Dr. Fourzon is a chiropractor who has practiced in Santa Rosa, Ca since 1988. He specializes in an eclectic and gentle approach to healing, utilizing low-force instrument adjustments to the spine, soft tissue therapies like FAKTR and percussion, Applied Kinesiology, Neural Organization Technique (N.O.T), nutrition, and core strength exercise rehabilitation. His healing philosophy is to teach patients to take responsibility for their own health and educate them about safe, effective and non-invasive methods of natural healing. He believes in having as many tools as possible to help as many people as possible so that they can feel good again, making their life a little better and in turn, make the world a little better.

## **Fourzon Chiropractic & Laser Center**

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# The "WOW"- FAKTR

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**State-of-the-Art Soft Tissue  
Therapy for Chronic Pain Syndromes**

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