Fascia Training Institute

UNRAVELING PAIN, ONE FIBER AT A TIME

TREATMENT GUIDE



DYNAMIC BRAIN HEALING™

Your system is talking.

Pain, fog or a ceiling you cannot break. It is the signal, not the source.

For people who have tried everything and are still not themselves, and for those who feel fine but know there is another level. What is holding your system back, and what changes when it is corrected.

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30,000+
people treated

30+ years
of clinical practice

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IF YOU ARE READING THIS

You already know something is wrong. No one has been able to tell you what.

> A scan can be normal while function is not. Yours came back normal. The doctor said it should have resolved by now. You nodded, drove home, and sat in the car for a minute before going inside.

> It is three in the afternoon and the fog rolls in. You read the same email four times. You used to be the sharpest person in the room.

> The ringing is loudest at night. Your head feels full, like pressure building from the inside.

> You smile at your family while your head pounds. You have stopped explaining it, because explaining it never changed anything.

> Your neck, your back, your hip. Treat one and another flares. The pain moves. It never fully leaves.

> Or nothing hurts at all. You are performing. But you know there is another level, and something keeps holding you below it.

You have done what you were told. Rest. Medication. Physical therapy. Specialists. Waiting.

None of it was wasted. It ruled things out. What it did not do is address the system underneath your symptoms.

It's not that you have failed to recover. It's that your system is still in protection.

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RECOGNIZE YOURSELF

Check what you live with.

Be honest. This is your starting point, and you will use it later.

HEAD AND BRAIN

- [ ] Headaches or migraines that keep returning
- [ ] Pressure or fullness in the head
- [ ] Ringing in the ears (tinnitus)
- [ ] Brain fog, slowed thinking
- [ ] Memory difficulty, losing words
- [ ] Sensitivity to light or noise
- [ ] Difficulty concentrating, or nausea
- [ ] Dizziness or poor balance

BODY AND ENERGY

- [ ] Neck pain or stiffness
- [ ] Back pain
- [ ] Hip pain
- [ ] Jaw tension or TMJ
- [ ] Waking up unrested after a full night
- [ ] Fatigue that does not match your effort
- [ ] Irritability, a short fuse you do not recognize

YOUR HISTORY

- [ ] A concussion, fall, collision or whiplash
- [ ] Years of screen posture or bracing through stress
- [ ] Surgery or significant scar tissue
- [ ] A neurological diagnosis such as Parkinson’s or MS

Checked three or more?

You are not a collection of separate problems. These symptoms often share one source. The next page shows you what it is.

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THE CAUSE NO ONE HAS ADDRESSED

Pain is not the problem. Fascia restriction is.

Fascia is a continuous web of connective tissue that wraps every muscle, bone, nerve and organ, from your feet to the inside of your skull. Imagine a seamless suit with no beginning and no end. Pull on one part, and the whole suit shifts.

Three things restrict it:

Trauma

A fall, a collision, a hit on the field, a surgery. The body braces to protect itself, and the tissue holds that brace long after the event.

Posture

Hours with the head forward at a screen. Years of carrying stress in the shoulders. The tissue adapts to the shape you live in.

Injury patterns

An old ankle sprain, a whiplash, a favored hip. You compensate, and the compensation becomes a pattern that travels upward.

Lines of tension

Restriction does not stay where it starts. It creates lines of tension that pull through the body, through the neck and into the cranium. The result is compression forces on the brain.

Your nervous system reads that compression as threat. So it stays in protection. It guards, tightens, and diverts energy away from thinking, sleeping and healing.

That is why your headache may not start in your head, and your back pain may not start in your back.

1. **Trauma, posture or injury**
   The event or the habit
2. **Fascia restriction**
   The tissue holds the brace
3. **Lines of tension**
   Pulling through neck and cranium
4. **Compression on the brain**
   Load the system cannot ignore
5. **System in protection**
   Guarding instead of healing
6. **Your symptoms**
   The output, not the cause

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WHY NOTHING HAS HELD

You were treating the output. This treats the cause.

WHAT YOU HAVE BEEN OFFERED	DYNAMIC BRAIN HEALING™
Treat where it hurts	**Follow the lines of tension to where it starts**
Rest and wait it out	**Release the restriction keeping the system in protection**
Manage the symptom with medication	**Lower the load driving the symptom**
Force: deep pressure, cracking, pushing through	**Gentle, sustained engagement. Less is better.**
One body part, one appointment	**One system: fascia, brain and fluid together**
“Your tests are normal”	**Measured before and after, so you see what changed**

The question is not only, “Where does it hurt?” The better question is, “What is maintaining the restriction?”

What Dynamic Brain Healing™ is

Dynamic Brain Healing™ is a neurofascial therapy developed by Simone Fortier, founder of the Fascia Training Institute. It identifies and releases the fascial restrictions, including those of the cranium and neck, that the nervous system reads as threat, so the body can stop protecting and start recovering.

Fascia

Releases the restriction, including the cranium and neck.

Brain

Lowers neurological load so the system can stop guarding.

Fluid

Restores movement and pressure dynamics around the brain.

Release. Reset. Rewire.

You do not force change. You create the conditions for it.

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WHAT DYNAMIC BRAIN HEALING™ HAS TREATED

Different symptoms. The same underlying pattern.

These are the conditions Simone has treated with Dynamic Brain Healing™. What they share is restriction and the load it places on the nervous system.

BRAIN INJURY

- Concussion
- Mild traumatic brain injury (mTBI)
- Persistent post-concussion symptoms

HEAD

- Headaches
- Migraines
- Tinnitus

CHRONIC PAIN

- Neck pain
- Back pain
- Hip pain

NEUROLOGICAL

- Improved neurological symptoms in clients living with Parkinson's disease
- Improved neurological symptoms in clients living with multiple sclerosis (MS)

Also treated: whiplash, TMJ, fibromyalgia, sciatic and disc pain, carpal tunnel, scar tissue and post-surgical restriction, and women's health conditions including mastectomy-related restriction, endometriosis and lymphedema.

For Parkinson's disease and MS, Dynamic Brain Healing™ works alongside your medical care to address neurological symptoms. It does not replace that care.

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PROOF

Published. Measured. Repeatable.

In a multi-practitioner case series published as an abstract in the Journal of Bodywork and Movement Therapies, 29 people whose post-concussion symptoms had lasted more than a year received two Dynamic Brain Healing™ treatments over three weeks.

78%	74%	72%	+32%
improved memory difficulty	woke up less unrested	reported less fatigue	dopamine function score

Headaches, cognitive fog and head pressure also decreased significantly. Brain Health Assessment function scores improved in all four domains: dopamine, acetylcholine, serotonin and GABA.

The treatments were delivered by Level 1-certified practitioners, not by Simone. Outcomes held regardless of practitioner experience, client age or client sex.

That is the difference between a talent and a method.

Fortier S. Dynamic Brain Healing™ for Persistent Post-Concussive Symptoms: A Multi-Practitioner Case Series. Journal of Bodywork and Movement Therapies, Vol. 47, July 2026, pp. 709–710. DOI 10.1016/j.jbmt.2025.11.149

ONE SESSION. TWENTY FLIGHTS.

Mark had excruciating ear pain every time he flew. He offered Simone a million dollars to make it stop. After one treatment, the pain was gone. He has since flown more than twenty times, including to the Philippines.

1	0	20+
session	pain on flights since	flights, including long-haul

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THEIR STORIES

“Simone gave me my life back.”

4.5 YEARS OF PERSISTENT CONCUSSION SYMPTOMS. GONE BY DAY TWO.

“I had post-concussion with persistent symptoms for 4.5 years, along with a contrecoup brain injury. I was barely able to run my own business and had no social life, because working a few hours a day was all I could do. I tried everything: osteopathy, chiropractic, craniosacral therapy, massage therapy, yoga and Reiki. Some of these made my symptoms worse. Two medical specialists said I would likely never be able to learn or retain new information.

Within two months of working with Simone’s nutrition program, I was able to get off all my prescribed pain medications and antidepressants. I then flew to Calgary for hands-on treatment. By day two, the concussion symptoms in my head and neck were gone. Now I am post-concussion-free and pain-free. I feel better than I did before the accident that stopped my life over 4 years ago. Thank you, Simone, for giving me my life back.”

DONNA C. HENRY · ONTARIO

4.5	2	0
years of symptoms	days of hands-on treatment	post-concussion symptoms now

> *“I firmly believe that Simone and the Fascia Training Institute saved my life after a serious concussion. Between the treatments from Simone, the Brain Health Assessment and a supplement regime, I have my life back. My brain is healthier now than it was before the incident.”*
>
> **BRENDA THARLE**

> *“I was born with albinism, and as a result my eyes used to shake uncontrollably. Following just ten seconds of Simone’s fascial stretch of my neck, my eyes stopped moving completely for the first time in my life. That was a year and a half ago. My sensitivity to light has also greatly improved.”*
>
> **JUSTIN HOLMAN**

> *“Chronic pain management is a rollercoaster ride. For the first time in approximately 20 years, I was at the beginning of long-term relief. I have been able to stay focused where previously I wasn’t.”*
>
> **SHANNON KOSTIUCK**

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IN THEIR WORDS

People who were where you are.

> *"I'm astounded by the transformation in my golf performance. At 62, not only am I free from pain, but I'm also playing the best golf I've had in two decades."*
>
> **CHUCK STEWART · INDIAN WELLS**

> *"Simone's methods don't just resolve injuries; they create lasting improvements in brain health, recovery, and performance."*
>
> **PRESTON GREENE · DIRECTOR OF SPORTS AND PERFORMANCE**

> *"Meeting Simone was a real breakthrough for me. Simone is truly a caring, skilled and effective therapist. I recommend her without hesitation."*
>
> **DR. DEB PUTNAM**

> *"Simone possesses a rare talent for intuitively understanding the body's needs, applying a precisely balanced approach that's both gentle and effectively assertive."*
>
> **CHERYL · WYOMING**

> *"I don't know what Simone does, but it works. Simone is a true healer."*
>
> **ANDRE BENOIT · STRENGTH AND CONDITIONING COACH**

> *"Simone is a master trainer, healer and fascia scientist."*
>
> **SHER BORREL · GYROTONIC®**

> *"If Simone were a movie producer, she would be a Spielberg."*
>
> **LARRY DAY · THE MOVE SHOW**

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FEEL IT FOR YOURSELF

The 60-second self-check.

You do not have to take anyone's word for it. Your body will show you its lines of tension right now. Move slowly. Stop at the first point of resistance. Never push through pain.

1

Turn your head

Sit tall. Slowly turn your head to the right as far as it goes easily, then to the left. Which side stops sooner, or feels thicker?

2

Look up

Slowly tip your head back to look at the ceiling. Where do you feel the pull: the front of your throat, your chest, your upper back, your jaw?

3

Tilt ear to shoulder

Let your right ear drop toward your right shoulder, then the left. Is one side shorter? Does anything pull further down, into the shoulder or the ribs?

4

Stand and settle

Stand beside a counter you can hold. Feet together, eyes open. Notice whether your weight drifts forward, back or to one side. Skip this one if you feel unsteady.

What you just found is not a flaw. It is a map.

Asymmetry shows where your lines of tension are pulling. Bring your notes to your call. It is exactly where your treatment will begin.

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WHAT HAPPENS WHEN YOU START

You will not have to take our word for it. You will see the numbers.

Treatment does not start with a technique. It starts with your case. The method is selected for you. You are not forced into the method.

1

Free 15-minute case review

Tell us what has persisted, what you have already tried, and what you want back. Your case is considered. You find out whether this is the right fit before you commit to anything.

2

Brain Health Assessment

A 15-minute online assessment that sets your baseline across four brain function domains, so change is measured, not guessed.

3

Arrive, assessment and baseline

Arrive in shorts and a V-neck T-shirt. Simone completes your assessment, your symptom inventory and photos before any treatment begins. Your checklist and self-check notes come with you.

4

Manual treatment: a minimum of two sessions

Hands-on, gentle, sustained work along the lines of tension driving your symptoms. No force. The first two sessions determine your program. Your only job is to let your body settle. Sink, don’t think.

5

Retest

The same measures, repeated before you leave. You see what changed in the same session.

6

Your plan

Built from your numbers, not a standard protocol. For persistent concussion symptoms, your plan may include the Brain Reset Program: eight weeks of targeted brain nutrition and consultation, reassessed at eight weeks.

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IS THIS FOR YOU

This is not for everyone.

THIS IS FOR YOU IF

- ✔ You have tried standard care and you are still not yourself
- ✔ You want the cause addressed, not the symptom managed
- ✔ You want change you can measure
- ✔ You feel fine, but want your brain and body performing at their highest level
- ✔ You are ready to follow your plan as directed

THIS IS NOT FOR YOU IF

- – You want someone to tell you it will pass on its own
- – You are not willing to follow a plan
- – You are interested, but not committed

I have tried everything. Why would this be different?

Because what you have tried treated the symptom, the muscle or the injury site. None of it addressed the restriction keeping your nervous system in protection. That is the gap.

Does it hurt?

No force is used. The work is gentle and sustained. Less is better.

How is this different from massage or physical therapy?

Massage works on muscle. Physical therapy works on strength and movement. Dynamic Brain Healing™ works on fascial restriction and the neurological load it creates, and every session is measured before and after.

How many sessions will I need?

A minimum of two. The first two sessions show how your system responds and determine your program. In the published case series, participants received two treatments over three weeks.

My injury was years ago. Is it too late?

The people in the published research had lived with symptoms for more than a year. Restriction does not expire on its own. It waits to be addressed.

Does this replace my medical care?

No. It works alongside it. New, severe or rapidly worsening symptoms need prompt medical evaluation first.

Can I do Dynamic Brain Healing™ online?

Dynamic Brain Healing™ is delivered in person in Scottsdale and Calgary, or Simone travels to you. Online, Simone offers Zoom sessions for movement, the Brain Reset Program, hypnotherapy, NLP and remote healing.

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WHO YOU WILL BE WORKING WITH

Simone Fortier

BSc, Master Certified Counselling, Manual Therapist, Fascia Therapist

Simone has survived six concussions of her own. She did not study them from the outside. She lived them: the fog, the light sensitivity, the years of hearing the tests were normal while nothing felt normal.

The standard path did not work on her own body. So she built a different one.

She is certified in Advanced Myofascial Release and Lymphatic Drainage, certified in Concussion Management by Laval University, and trained in Functional Neurology with the Carrick Institute. Simone founded the Fascia Training Institute and developed Dynamic Brain Healing™ and the Brain Reset Program. Over more than 30 years of clinical practice, beginning with her first Calgary clinic in 1992, she has treated more than 30,000 people, many of them adults whose post-concussion symptoms did not resolve under standard care.

30+	30,000+	~250	2026
years of clinical practice	people treated	practitioners trained	published in JBMT

Research advisor: Jocelyn McCallum, MSc, Athletic Therapist (CATA) · **Courses approved for continuing education by** NSCA, NASM, CATA, CMMOTA, MTAA, MTAS and NMOS

Trusted where results are the only acceptable outcome: athletes across the NFL, NHL, MLB, the PGA Tour and Olympic programs, including Brad May, Claude Lemieux, Tom Glavine, Jack Nicklaus and Aeneas Williams.

> *"It's everything in one. Fascia attaches to all structures. I see the bigger picture, and I work backward into a specific spot."*
>
> **SIMONE FORTIER**

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YOUR NEXT STEP

When the system changes, everything changes.

The symptom is the signal. The system is where we begin.

You have spent enough time managing this. Start with a conversation, not a commitment. Fifteen minutes. Your case, heard. Bring your checklist and your self-check notes.

Book your free 15-minute case review

fasciatraininginstitute.com/treatment · 1-800-843-0917

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Calgary
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Online
Zoom movement, Brain Reset, hypnotherapy, NLP and remote healing

Worldwide
Simone travels to clients and teams, by application

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