



Pain Continues One, Two or More Years After the Injury – *Yes, We Can Help!*

By Victoria L. Magown

One of the specialties in which Certified Myofascial Trigger Point Therapists (CMTPTs) have been trained is to thoroughly review an injury from long ago and develop a treatment plan that will specifically address what needs to be accomplished for the person to recover from their debilitating pain.

It does not matter how long ago the original injury occurred. We will review in detail, the original injury and all the different traumas you have experienced throughout your lifetime.

We also review all the different therapies, medications, surgeries, etc., and discuss what helped to relieve the pain and what did not appear to make a difference.

Reviewing all the information and performing Orthopedic tests which include Range of Motion and Functional Tests give a very accurate assessment of what is happening in the person's body and why they have not been able to improve and rehabilitate from their pain.

We may suggest the addition of certain supplements, with physician's approval, that are known to be "nature's muscle relaxant". Or perhaps we may suggest a blood test to check the person's thyroid output since the body's rate of metabolism influences the muscles and can keep them too tight – causing pain.

We network closely with all the other practitioners who are involved in the person's care. If the person has been going to physical therapy but not experiencing significant pain relief, we call or email the therapist and discuss how we can coordinate our treatments to benefit the person.

All Certified Myofascial Trigger Point Therapists are also trained to re-align joints, returning them to a neutral position. This is not a chiropractic technique, but a gentle mobilization technique in which the person's own muscles return the joint to proper neutral position. When this is done, the muscles and fascia can stay relaxed without bracing or splinting to hold the joint.

When prescribing a Home Exercise Program, we strive to help the person understand the importance of performing the exercises in the "no pain zone". When the body experiences pain, it communicates with the brain and the brain sends a signal telling the muscles and fascia to contract in an attempt to stop the pain. We do not want this to happen. All of the exercises are gentle and smooth and designed not to trigger pain.

All CMTPTs are trained to review each person's correct "ergonomic" positions in which to stand, sit, work, sleep, etc. When the person begins sleeping through the night or only waking once, then the healing begins to move forward with relief of pain and increased range of motion.

MyoRehab also has an extensive network of practitioners with

which we coordinate treatment. During treatment, we may find that the person has a C1 mis-alignment, or spinal vertebrae mis-aligned, or that a mouth orthotic is needed for correct alignment of the jaw (mandible). We coordinate treatment with all other practitioners involved in the person's recovery.

We work and treat as a team and you will always have at least two practitioners discussing your case to further resolve your pain. We can guarantee that you will experience a positive change in your pain with increased range of motion and decreased pain within four treatments. If for any reason that does not happen, we will give you options and suggestions of where you can go next on your journey to recover from your injury. We are always here to provide support and encouragement on your "healing journey".

MyoRehab Has Answers

Give us a call at 505-872-3100 and set up an appointment. Come to MyoRehab and find out how our "Team Approach" can work for you.

GOT PAIN? WE HAVE ANSWERS

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*Providing
a drug free
team approach
to pain relief
for over
a quarter of
a century*