



MyoRehab

LINGERING PAIN?



By Victoria L Magown

GOT PAIN? LINGERING PAIN?

Call MyoRehab at 505-872-3100 and schedule an appointment. You can find us at www.myorehab.net and we are conveniently located at 4263 Montgomery NE, #200, ABQ, NM 87109.

During the last two articles, we have been discussing the importance of addressing your pain after falling off a ladder or from a bicycle; or a car accident—even if it is only a little fender bender. We have treated people who experienced digestive problems, as well as jaw and teeth pain long after the collision and did not realize the cause was the car accident.

George was referred to **MyoRehab** one and a half years after his truck was hit in an intersection and rolled one and a half times, leaving him hanging upside down by his seatbelt. His previous treatment had included physical therapy, chiropractic, massage therapy, acupuncture, Trigger Point Injections, pain medication and antidepressants.

After going to his doctor and telling her he was still in severe pain all the time and felt suicidal, she referred him to **MyoRehab** as a last resort. At the time, he had severe back, hip, shoulder and neck pain. It took about six treatments before he realized the pain had decreased to a more tolerable level.

During a treatment, George refused to let me touch his abdominal muscles. “Nobody touches my stomach.” “Why?” I asked. “It is too painful and I can no longer eat chili or any hot spices.” “Well, no wonder, after the severe impact of hanging upside from the seatbelt.” He asked, “You mean muscles can cause stomach pain and indigestion?” “Oh yes, and, contribute to your ongoing low back pain as well.”

The Rectus Abdominis muscle can refer pain through to the mid and low back, as well as cause stomach pain and indigestion. It is important to treat this muscle whenever a person has had a car accident since the seatbelt impact can cause acid reflex, indigestion and hiatal hernia pain. After one treatment of the abdominal muscles and fascia, George was able to eat his beloved hot, spicy foods again.

But he still had head and neck pain. As I began treating the jaw and face muscles, the pain referred to his teeth. He explained to me that he had fractured two teeth in the last ten months and had to have them extracted. Even though George had no jaw pain, mechanically, the mandible (jaw) was in a dysfunctional position, misaligned, and his “bite was off”. This can contribute to head and neck pain and as in his case, fractured teeth, also.

During a whiplash, the mandible (jaw) is free to whip independently of the head and neck. It is not uncommon for people to experience teeth and jaw issues long after a car accident.

Temporomandibular joint dysfunction (TMJD) is more prevalent in woman than men. Want to know why? Here’s a little unknown secret about jaw pain and TMJD. The day after a car accident, the man gets up, showers and SHAVES, thus doing face and jaw stretches every day. The only two men I have treated for TMJD had full beards and did not shave.

Since George was experiencing depression with his ongoing pain, he did not shave every day after the first couple of months and therefore developed a mandible (jaw) misalignment.

While treating George, we gave him gentle stretches to do at home to maintain the release we gained during treatment. We had a few set-backs since George initially did not understand how important his role was in doing the stretches on a regular basis. After the muscles have been in a shortened state for so long, they need to be retrained, to return to their full normal length.

We also addressed posture while driving, sitting, sleeping and working. It is important to keep one’s body in a neutral position as much as possible. When we sit leaning to one side on an elbow, it shortens the low back muscles and fascia. Then we experience ongoing low back pain. This was an important lesson for George to learn, as it made all the difference in relieving his low back pain completely.

One of the natural consequences of muscles and fascia shortening is that we tend to “give in” to accommodate the shortening by standing, sitting, working and sleeping in the “comfortable shortened position”. It feels good for a while, and then the pain starts up again.

You will be glad to know that George became completely pain-free and did not need to take pain medication anymore. Whenever he caught himself sitting in a dysfunctional position, he would straighten up immediately. And he continued his Home Exercise Program on a regular basis, which is the way to remain pain-free.