

FASCIA, DEEP FASCIA
By Victoria L Magown

Fascia is Fascinating! I just returned from the 4th *International Fascia Congress* in DC. The latest Fascia research by worldwide Pain Practitioners is very exciting. We finally have documented research about why you have ongoing chronic pain. It's the piece of the pain puzzle that has been missing for years.

That's right. It is not all in your head. I take your history to learn about all the trauma, injuries and surgery your body has endured throughout your life and then evaluate your Fascia/Muscles with Range of Motion tests to find restriction both in the joints and Fascia/Muscle.

Then we have a clear understanding and can make a plan of exactly where we need to treat. Treatment has changed over the years. We now start with gentle pressure and I often use a massager which is a win-win for both of us. We gently and slowly release the restricted Superficial Fascia first before we enter deeper into your Deep Fascia and Muscles.

It's the Deep Fascia that is causing the majority of your pain. And the Deep Fascia grows into the muscles, tendons, ligaments, nerves, blood vessels and joint capsules. Example: you have a shoulder impingement and/or rotator cuff issue. We can release the Superficial and Deep Fascia which is part of the Joint Capsule and Rotator Cuff issue and decrease/eliminate the shoulder pain.

Another example is hip pain that just will not go away. The Iliotibial band (IT Band) is usually the culprit. You will never release the restriction in this band of fascia, *but you can change its position which will release the tension and allow your Greater Trochanter to "slide" beneath the IT Band.*

It's a whole new world when dealing with chronic pain.

*Call MyoRehab at 505-872-3100 and make an appointment.
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