



# MyoRehab

## Myofascial Pain has Many Names

By Victoria L Magown

A study showed that 85% of patient's visits to their Primary Care Physicians were for pain which the doctor diagnosed as Myofascial Pain. But Myofascial Pain can also have other names, such as Arthritis, Fibromyalgia, Sciatica, Trochanteric Bursitis, Laterally Displaced Patella, Plantar Fasciitis, Shoulder Impingement, Thoracic Outlet Syndrome, Dizziness/Loss of Balance, Migraines, Tennis Elbow, Carpal Tunnel Syndrome and Trigger Finger to name a few.

All these diagnosis have either a primary or secondary Myofascial component. Sometimes the problem starts because the muscles and fascia become shortened and contracted and pull the joint out of alignment. Other times, one experiences trauma which moves the joint out of alignment and then the muscles and fascia splint and brace to protect the joint from moving any further.

During each of these conditions, the muscles and fascia have shortened and are holding the two or three bones of the mis-aligned joint too tightly together. When this happens, the brain keeps sending a message to splint and brace so the joint does not move further out of alignment. An example would be "arthritis" of the knee with "popping and grinding" when it is bent or straightened.

June was a runner who developed Plantar Fasciitis. She had been to many different practitioners including a podiatrist who did steroid injections and put her in orthotics; an acupuncturist; a physical therapist who gave her exercises; and a massage therapist who focused the massage on June's very tight hamstrings and calves. All of it helped for a short time, but then the Plantar Fasciitis returned just as painful as ever.

After the Fascia Points and Muscle Trigger Points were released, the fascia and muscles were gently stretched to their full normal length. Then the ankle/foot was gently tractioned and a Muscle Energy Technique was used to re-align the joints. What is the name of your Myofascial Pain? **Call MyoRehab at 505-872-3100 and make an appointment now. Conveniently located at 4273 Montgomery NE, #130E, ABQ, 87109.**

**GOT PAIN?**  
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