



*MyoRehab*

# Don't Settle! Get Rid of Your Pain Now

By Victoria L Magown



**D**on't put it off another day! You know how you think that low or upper back pain or neck pain and headaches will just go away by itself? It's been six months since that "little fender bender" and the insurance company tells you that you should be better by now, so let's get it settled. *Don't settle* until you have had appropriate treatment and are *no longer in pain*. You have the right to have appropriate treatment to return you to the condition you were in *before* the car accident.

Contrary to what many may say about that "little fender bender" which did not dent your bumper, your body is still injured and often worse than if you were in a more serious car accident. When you are stopped at a red light and rear ended, your car moves forward, out from under you. As the lap and shoulder seatbelt locks your body tightly against the car seat, centrifugal force takes over and actually "whips" your head and neck faster than if your car was moving.

Car bumpers are now made to take the impact when being rear ended and do not dent. But in actuality, the less damage to your car, the more damage to your neck. No wonder you have been suffering with upper back pain, neck pain and headaches, even though your car is alright.

When Joan came to MyoRehab, it had been six months since her car accident with no relief of her pain. In fact, the pain was getting worse by the day. She did not fill out the entire two-page History Intake, because she thought some of the questions did not apply to her. After all, she had had a car accident and that's why she was here. After asked how she was sleeping, she said that she wakes two to three times a night and has difficulty getting back to sleep. When asked how she used to sleep before the car accident, Joan reported that she never had any difficulty sleeping. She was waking frequently in the night, but did not realize it was due to upper back, shoulder and neck pain from the car accident.

When we asked Joan if she was having anxiety driving or nightmares related to the car accident, she replied that now she never drives on the street where the accident happened because it causes her too much anxiety and nervousness. Also, she did admit that one of the reasons she wakes in the night, besides having pain, was due to nightmares about someone rear ending her car again.

Joan was experiencing Post Traumatic Stress Syndrome since the car accident. If this is not addressed, it is more difficult to expect full recovery with complete pain relief. MyoRehab networks with other Health Practitioners

and were able to find a therapist that Joan could work with comfortably to relieve the nightmares, anxiety and nervousness while driving. And this therapy was covered by the Medical Payments from her Motor Vehicle Insurance.

People usually do not like to talk about digestive or elimination difficulties and Joan was no different. It is not one of the questions on the History Intake, but, we, as Certified Myofascial Trigger Point Therapists, know to ask the right questions. The impact from the lap seatbelt can cause the abdominal muscles and fascia to tighten which then affects the organs. This in turn, can slow the digestive process and cause constipation. Joan did admit that since the car accident, she had been taking a stool softener because she was experiencing constipation.

And Joan also admitted that since the car accident, she had gone to her Primary Care Physician for severe acid reflux. She had been prescribed a medication to keep it under control but never realized it was because of the muscle and fascia restriction caused by the shoulder seatbelt which impacts the lower sternum area at the xiphoid process.

Once we treated the abdominal muscles and fascia, Joan no longer needed to take the stool softener or the medication for acid reflux.

What Joan did not tell us and we did not ask about, was the fact that since the car accident, she had not experience menses and was experiencing peri-menopause at the age of 32. She had a slight build with little body fat and the impact to her abdominals had not only caused constipation, but had also affected the ovaries. Her menses started again two weeks after we treated the abdominal muscles and fascia. That's when she told us and we were all amazed at the power of Myofascial Trigger Point Therapy.

This gives you an indication of the impact of the trauma from a car accident. The results are not only physical pain (such as upper back pain, neck pain and headaches), but also functional pain involving your organs...in addition to emotional and psychological pain due to Post Traumatic Stress Syndrome.

***Don't put off having your pain appropriately treated another day! If you are experiencing symptoms that you did not have before your car accident or other trauma, call MyoRehab at 505-872-3100 and make an appointment now. Conveniently located at 4263 Montgomery NE, #200, Albuquerque, NM 87109.***