



MyoRehab

GOT PAIN? Don't Wait!



By Victoria L Magown

Driving to work, another car accident on the freeway —three car pile-up with everybody standing around looking at the damage (*which looked minimal*). However, no matter how minimal the car damage, your neck and body are affected at least twice as much.

I took the exit and then saw another car accident at an intersection on Montgomery. This one was serious. Both cars' front fenders were crushed back to the windshields, people were sitting, not standing and the ambulance had just arrived. They probably got checked out at Emergency; nothing found broken and they were sent home. Sound familiar?

You are working on your roof, up on a ladder and slip, falling about 20 feet. You are black and blue with bruises, quite sore and after about one month, you feel pretty much back to normal. But are you really?

You are riding your bicycle and skid on sand, throwing you flying through the air, landing on your back, right hip and shoulder. Road Rash, black and blue. You nurse yourself back to normal. But are you really?

Every trauma your body experiences causes the muscles and fascia to shorten in the areas of the trauma. If these areas are not specifically treated to return to normal length, the shortened areas are with you forever; your body compensating for the shortening until appropriately treated.

The longer you are hurting and restricted, the more treatments it will take to release your muscles and fascia to return to a pain-free state. If your pain persists, you need to have appropriate treatment to return your body and posture to normal. It does not just "go away", even though you may feel better for a while.

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". This feels good for a while and then the pain starts up again. At this point, trying to stretch the traumatized area without appropriate treatment can be quite painful.

Integrated Myofascial Trigger Point Therapy addresses the traumatized fascia, muscles and joints, all in the same treatment. This is why we are able to obtain fast results in a short amount of time. Our treatments are all-inclusive, teaching you about your body and how to keep it pain-free, *forever*. We address "Perpetuating Factors" such as correct ergonomic posture while sitting, working, driving, sleeping, etc. We also discuss nutritional factors that may be contributing to your ongoing pain.

We coordinate treatment with your primary care physician (*if appropriate*) and may also suggest other practitioners to treat you. Together, your team of practitioners can resolve your pain faster.

We, then, teach you how to keep the pain from re-occurring

and how to manage flare-ups. Our goal is to have you pain-free and able to manage any exacerbations you may experience on your own.

You are given a specific Home Exercise Program, (only three or four exercises) that are "key" to keeping you feeling good. These exercises are gentle and easy to do, even at the office. Remember, your rehabilitation exercises should feel good, not painful, and only performed in a pain-free range. If your exercises are painful, that means not all of the muscles and fascia have been released and/or your joints are not in a correct, functional position.

MyoRehab's Certified Myofascial Trigger Point Therapists are committed to helping you become pain-free in the shortest time possible. After you are released from treatment, you can periodically return for a "tune-up". We will review your Home Exercise Program and discuss any other issues you feel may be interfering with your wellbeing, keeping you pain-free.

***Don't wait; the pain does not go away by its self.
Call MyoRehab at 505-872-3100
and schedule an appointment now.
We love giving people their lives back.***

**GOT PAIN?
WE HAVE ANSWERS**

MyoRehab
872-3100

***Providing drug-free treatment
for pain relief for over 30 years.***