



MyoRehab

Myofascial Therapy One Size Does Not Fit All

By Victoria L. Magown



“Myofascial Therapy has helped me so much that I wish my mother could have treatment for her low back pain, but I don’t think she could handle it.” “My daughter was in the car accident with me, but she is only 5 years old and I think Myofascial Therapy would be difficult for her.”

In the past year, I have had to explain quite a few times how Myofascial Therapy for pain relief can benefit everyone—young, old, female, male, athletes, couch potatoes, physically challenged, etc. And that’s good news.

Years ago (when I graduated in 1983 to be exact), we were taught to treat Myofascial Pain and Dysfunction one way—use your elbows and thumbs with a lot of pressure on the muscle, hold for seven to twenty seconds and sometimes up to a minute to inactivate the Trigger Point. It was painful for the patient and exhausting for the therapist. But it did work; only it took a very long time for the patient to become pain-free.

Since those early years, I have attended two to three conventions, meetings, seminars and lectures each year to continue learning and developing a more comfortable way to treat a person who is already in pain. During these years, continued research has given us answers about Trigger Points, muscles and fascia. We now have a clearer understanding of what we are putting our elbows into when treat.

Now, we treat and teach the importance of working with the patient at a level of pressure they can tolerate. That means, yes, we can treat children, which I have. They respond quickly to Myofascial Therapy since they have fewer years of opportunity to incur trauma.

And yes, we do treat seniors quite successfully as well. My latest senior is 80 years old and wants to know when she can get back to the gym. At the rate she is responding to Myofascial Therapy, she will return soon.

So what exactly do we do? What does a Myofascial Therapy treatment entail? After taking a complete history of all the trauma your body had experienced since you were born, we draw your pain pattern and evaluate the muscles and fascia involved with Range of Motion tests. This helps identify which muscles and fascia are most restricted—as those are the ones that have developed

Trigger Points and Fascia Points.

Treatment usually starts in the pelvis and torso to decrease pain and improve posture. Once posture is improved and overall pain has decreased, we treat the extremities if needed. A Home Exercise Program is given so you can keep the release we obtain in treatment and retrain the fascia and muscles to stay at their full length, pain free. Only three or four exercises are given; each involving many muscles, so one can perform only one or two repetitions, several times throughout the day and get the full benefit.

Myofascial Therapy treatment begins with broad contact on the tissue, usually using the flat of the forearm or heel of the hand. Pressure is applied to the patient’s tolerance followed by a short push to lengthen the Superficial Fascia just under the skin. The short push is held only 2-5 seconds at a tolerable level. It is important that the patient not tense up or contract the fascia and muscles, as this does not facilitate a good release.

After an area of Superficial Fascia is released, we specifically treat Fascia Points and Trigger Points using the elbow or thumbs. We use the same technique of Pressure, Short Push, holding 2 seconds, all to the patient’s tolerance level. If an area is quite tender, then we “Surround the Dragon” which involves treating in a circle all around the point slowly moving closer to it until it is released. The goal of treatment is to elongate and lengthen the fascia and muscles to be at their normal full length, pain free.

Each person who comes to MyoRehab is uniquely different and it is the Myofascial Therapist’s responsibility to involve the person in the treatment explaining what they are doing, feeling, etc. It is also the therapist’s responsibility to determine how much pressure to apply without the person tensing their fascia and muscles. In this way, therapist and patient work together to obtain a good release of Fascia Points and Trigger Points.

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“One Size Does Not Fit All”. Call MyoRehab at 505-872-3100 and make an appointment now. Conveniently located at 4263 Montgomery NE, #200, Albuquerque, NM 87109 www.myorehab.net