



MyoRehab

Expect A Miracle!

By Victoria L Magown



MyoRehab treats all pain, whether it is related to a Motor Vehicle Accident, Workers Compensation, Sports Injury, Chronic or Acute issue. Did you know that in a car accident, the lap seatbelt can impact the abdominal muscles so hard that you can experience constipation or cramps during menses or may completely stop your monthly cycle? The impact of the lap seatbelt can cause acid reflux or chest pain like a heart attack with pain down your left arm.

When you call MyoRehab, you can expect exceptional service with people who are caring, considerate and informative in their conversations with you. You will first meet Joni, our admin, who will slowly, carefully walk you through the necessary steps. She will explain Myofascial Therapy, our fees, go over your insurance, the various forms which need to be completed to begin as well as what to wear for therapy treatments. She will also answer any questions you might have.

Once you are scheduled, **EXPECT A MIRACLE**. That is our motto. We help people get their lives back every *day*. We help you return to a functional life that you can manage on your own so you don't have to be treated forever. We give you the tools you need to take care of yourself; so if you do have a flare-up, you will know how to handle it.

How are we different? We do a thorough History Intake back to when you were born and record *all of the trauma* your body has had up to this point. Myofascial Pain is an accumulation of all the injuries you have had in the past, plus all the "funny" ways you sit, sleep and stand. The goal is to return you to your correct, neutral posture—pain-free.

We do a complete Orthopedic and Postural Examination to find all the fascia/muscles that are restricted and can no longer stretch to their full, normal length. Sometimes, you will be amazed at "why" your shoulder still hurts. You know it really started to hurt after the car accident and may not understand why we are asking you about an old knee injury. During the car accident, you braced with your right foot on the brake and now your knee is hurting as well.

So, subconsciously, your brain is telling your right arm/shoulder to help you sit and stand so you do not put

full weight on the right knee. Consequently, you are not aware of any restriction in the right knee, but your right shoulder was whiplashed with your neck and is now doing the work that your right knee should be doing. That's why we check and evaluate your *entire body*, so that *all* of the fascia/muscles are released and the joints are allowed to return to correct alignment.

During each treatment, we discuss what Perpetuating Factors could be complicating matters and keeping you in pain. Normal postures while sitting, sleeping and standing that you used to do all the time are now causing the fascia/muscles to retighten and the pain returns. We teach you new postures so the body remains in a neutral (straight) position as much as possible. This makes *all the difference in the world*.

Though we are not nutritionists or dietitians, we discuss the basics of good nutrition to help the fascia/muscles repair. Also, certain foods cause inflammation of the body and inflammation will cause the fascia/muscles to reactivate with restriction and pain. It makes them ache and hurt all the time. Our job is to help you figure out what you can do to stop the inflammation.

And last but not least, after we have released the fascia/muscles, we give you specific, gentle stretches for your Home Exercise Program to retrain the fascia/muscles to stay at their full normal length. These exercises are performed in the "No Pain Zone" so you "Stretch to the Pull, Not to the Pain".

Sometimes, we need to network with other practitioners to help you fully recover. We have multiple pain practitioners we network with, and coordinate treatment with them so you can fully recover. Examples include dentists we coordinate treatment with if you have Temporomandibular Joint Dysfunction. Or if you are suffering from Post-Traumatic Stress Syndrome and having anxiety or nightmares after your car accident, we will suggest a counselor you can see to relieve these issues. We also network with multiple chiropractors so you can find the one that works best for you.

**Come to MyoRehab and EXPECT A MIRACLE!
Call 505-872-3100, talk to Joni
and make an appointment now.**