



*MyoRehab*

## Two New Myofascial Therapists

By Victoria L Magown



**We** want to welcome our two new Myofascial Trigger Point Therapists to MyoRehab. Daphne Barrett and Carolyn Genet Martin are Licensed Massage Therapists and Certified Myofascial Trigger Point Therapists personally trained by me. They know how to treat patients suffering with Myofascial Pain and Dysfunction. They both bring with them a sincere compassion and empathy for our patients in pain, as well as the knowledge and skills to help them recover and “get their lives back”.

We want you to know that it is important to not give up when you have experienced pain for a long time. I truly believe there is an answer to finding pain relief and you just have to be persistent. We often have people come to MyoRehab who have been in pain for a long time. They have been everywhere and done everything to find pain relief. You know what I am talking about. We like to pride ourselves in helping you find pain relief and if we can't completely relieve your pain, we will give you options, suggestions and recommendations to other pain practitioners.

One of the components we include in our treatment is to recommend other therapies which complement our Myofascial Therapy if we feel they would be beneficial to you. Combining two therapies at the same time often decreases the pain and dysfunction more quickly; saving you time and money. An example would be after several Myofascial treatments, we will ask you to return to your chiropractor for an adjustment of your spine. These two therapies work well together and you benefit by improving and becoming pain-free more rapidly.

We also might recommend taking magnesium—nature's fascia and muscle relaxant. Powered magnesium is utilized more effectively in the body than other forms. We sell Natural Calm Powered Magnesium, also found in health food stores, which quite effectively keeps your fascia and muscles released after treatment. The goal of treatment is to release the tight, restricted fascia and muscles which are causing pain like a cramp or “Charlie Horse”. So taking the powered magnesium every night helps to maintain the release gained in treatment. It also calms your fascia and muscles so you sleep more peacefully.

Of course, we always give you specific home exercises to do which are always done in the pain-free zone. Part of

the reason for releasing your tight fascia and muscles is so you can stretch without pain. Stretches should be pain-free and feel good. And here's the good part; we only give you three or four exercises—TOTAL—that are gentle and pain-free. You do them about four times a day—breakfast, lunch, dinner and bedtime. They are your dessert!

Well, the holidays are upon us, Halloween, Thanksgiving and Christmas. We want you to remember that although we all enjoy the occasional “sweet”, please go easy. Sugar is an inflammatory in your body and activates and exacerbates your Myofascial Trigger Points. That means sugar will cause you increased pain! And keep drinking a lot of good, clean water. Fascia and muscles need to be hydrated; they are 65-70 percent water.

*Happy Holidays and Happy New Year!*

*Call MyoRehab at 505-872-3100 and make an appointment now. Conveniently located at 4263 Montgomery NE, #200, Albuquerque, NM 87109 • [www.myorehab.net](http://www.myorehab.net)*

**GOT PAIN?  
WE HAVE ANSWERS**

*MyoRehab*  
**872-3100**

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