



# MyoRehab

## Bumps and Bruises

By Victoria L Magown

**G**rowing up, I was told my bumps and bruises would heal in time and I would be fine. Sometimes the bruises were quite painful and took a long time to heal. But heal they did and I was fine. I always wondered though, how the skin and muscles healed and if they were the same as before the injury.

Now, we know differently. Throughout the years, every time you fall, have an impact injury, break a bone, get cut or have surgery, the soft tissue heals; skin, under the skin – fascia and under the fascia – muscles, but the healing is usually in a chaotic manner which shortens and tightens the area of injury.

When this happens, the body accommodates to the shortening and tightening in one area by contracting and/or tightening in an opposite area to seek balance. This is all subconscious. You don't know it's happening until much later in life, usually after a significant accident or injury.

You see, Myofascial pain (myo – muscle & fascia – soft tissue under the skin and surrounding muscle) is cumulative. All the times your body has experienced trauma is recorded

in your skin, fascia and muscles. So it's not so much the aging process that contributes to the pain you experience in your 40s, 50s and 60s...it's all the years of trauma added up.

At MyoRehab, the one hour Initial Evaluation and Treatment is divided in half. In the first half, we focus on all the traumas your body has experienced since you were born, because it all contributes to why you are in pain today. Then we do Orthopedic and Range of Motion Tests to see where the fascia and muscles are most restricted.

The second thirty minutes are focused on treatment of the fascia which is just beneath the skin. This treatment is broad and flat, gently starting to release the superficial fascia. Treatment is kept to a moderate degree to the person's tolerance. There is usually only minimum soreness the next day.

Subsequent treatments are about 50 minutes and gentle stretches are given to train your fascia and muscles to stay at their full normal length, painfree.

Usually only three to six treatments are needed to decrease your pain level by 75%. It is best to have one treatment a week for four weeks and then we can decrease the treatments to once a month until you are painfree.

Call 505-872-3100, make an appointment now. Conveniently located in Granada Square, 4273 Montgomery Blvd. NE, #130E, ABQ, 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.*