

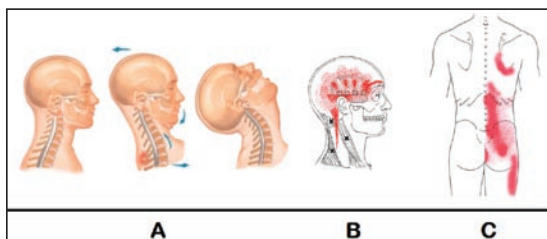
Have You or Someone You Love Ever Been In An Auto Accident?

MyoRehab Has Answers

Anyone who has ever been in an auto accident will tell you that the real pain and suffering doesn't begin right away. Oh sure, you may be sore for a day or two after the incident. You may even be able to "tough it out" and "work through it". When you are still in pain months or even years later, the real challenge becomes trying to find someone who understands the reasons why and knows what to do about it.

The problem begins when the vehicle you are riding in is hit by or hits a vehicle or another large object like a tree or a light pole. The contents inside the vehicle which includes you and any of your passengers are abruptly shifted side to side or front to back. This movement, called a whiplash (Illustration A), causes damage to muscle and connective tissues called fascia and ligaments which, in turn, produce pain (Illustration B). Together, muscle and connective tissue are collectively known as soft tissue.

Compounding the soft tissue damage is the fact that the position of our joints is controlled by our muscles and connective tissue.



When soft tissue damage occurs, it often results in misalignments of the spine from the

neck to the low back. These misalignments can occur simultaneously with the whiplash or slowly over time as a direct result of soft tissue damage. This layering effect of an auto accident produces a complex, multifaceted collection of contributing factors, all able to produce a part of your pain which will often involve your mid and low back (Illustration C).

Therein lies the problem; most healthcare professions focus on one major aspect of a soft tissue injury at a time. Standard care may include medication (muscle relaxers that work well on uninjured muscle and/or pain killers that interfere with the ability to focus and always seem to wear off too soon) and exercise before your pain is resolved.

Another approach may consist of repeatedly putting joints back in place without directly addressing the components of the soft tissue injury first. Yet another approach might begin by addressing soft tissue injuries first but without the training or experience to know when to initiate or how to sequence treatment in a complex, multifaceted collection of contributing factors like an auto accident.

Treating only one or two components at a time when treating



Providing a "Team Approach" to drug-free pain relief for over a quarter of a century

a multifaceted pain issue will provide partial, temporary relief at best. At MyoRehab, relieving pain is our only business. Practitioners are trained to identify and treat all contributing components of your pain. During your first visit, a detailed review of your medical history will provide insight into factors that have initiated or contribute to your pain.

Distortions of the musculoskeletal system are evaluated with standard orthopedic tests and a neurological evaluation. And since each body is unique, a specific postural alignment evaluation combined with muscle testing and joint range of motion form an individualized clinical impression which is the basis for your individualized treatment.

Treatments combine manual or hands-on therapy with advanced adjunctive therapies. These may include Photo-Biostimulation employing FDA-approved cold lasers and Frequency Specific Microcurrent which targets specific soft tissue and various pain-producing conditions (not to be confused with standard E-Stim or a TENS unit). Both the cold lasers and Frequency Specific Microcurrent have proven track records in pain relief.

The use of your body's own muscle energy is employed to gently coax joints back to a neutral position after soft tissue distortions are effectively addressed. An individualized home exercise program is developed and regularly reviewed to maintain the progress of each treatment.

Throughout the course of treatment, every attempt is made to identify and correct factors that may actually impede your progress and perpetuate your pain. These factors may include sleep position, workstation ergonomics, improper bio-mechanics and other stressors adversely affecting the musculoskeletal system.

The team approach provided at MyoRehab increases the efficacy of every aspect of care. Each patient is assigned to a primary practitioner who maintains a collaborative, on-going communication with the entire staff of practitioners at regularly scheduled meetings. If another practitioner feels he or she may have a clinical approach that will enhance your care, one or more visits will include treatment with that practitioner.

Were you or someone you love involved in an auto accident and it seems like the pain should be gone by now but it's not? Does the pain keep coming back or seem to move around?

If this sounds familiar give us a call at 872-3100 and discover the difference. At MyoRehab, we've been providing drug-free pain relief since 1984.