



# MyoRehab

## Experience the Difference in Pain Relief; Myofascial Realignment Therapy

By Victoria L Magown

All my years of treating pain, attending multiple pain conferences yearly to keep on the cutting edge and studying research articles ongoingly have culminated with Myofascial Realignment Therapy which will decrease or eliminate a specific pain in one treatment.

*To change something, build a new model that makes the existing model obsolete.* – Buckminster Fuller

**The new model:** Myofascial Realignment Therapy. I treat the Fascia Points, Muscle Trigger Points and then Realign the Joints all in a one hour treatment.

The many years I've studied and treated Myofascial Pain and Dysfunction have resulted in a specific method of treating a person's pain issues. We start with a complete History Intake of all the trauma your body has experienced since you were born. We also make note of any surgeries, medical conditions and medications you are presently taking.

We draw a picture of your pain on a Body Scan and note the level of pain you are experiencing. Then you will perform specific Orthopedic Tests including Range of Motion to

determine what areas of your body are restricted.

In the past, our Myofascial Therapy treatment focus inactivated Muscle Trigger Points and then lengthened/stretched the muscle to its full normal length. Now, we have put the 'Fascia' into Myofascial Therapy—'Myo' (muscle) 'Fascial' (Fascia).

Research in the field of Myofascial Pain and Dysfunction has been moving forward at a fast and furious pace. Previously thought to only hold the muscles in place and give form to the body; Fascia has become the Champion of Myofascial Pain.

Now, I treat both Fascia and Muscle, with intent specifically on releasing each area. The first layer of soft tissue directly beneath the skin is the Superficial Fascia with the muscles deep in the Fascia. If this area has been injured and feels pain (yes, Fascia actually has more proprioceptors that talk to the brain than muscles and it feels pain), then the Fascia will become concentrated and dense...forming a Fascia Point (knot).

Since Fascia is stronger than muscle, if the Fascia remains shortened, the Trigger Points in the Muscles beneath it will never be able to fully release and stretch to their full normal length, pain free. I release the Fascia Points first before proceeding to inactivate the Muscle Trigger Points to reach a pain free state.

Of course, Rolfing or Structural Integration, developed by Ida Rolf, PhD, has been treating Fascia for as long as Myofascial Trigger Point Therapy, developed by Janet G Travell, MD and David G Simons, MD, has been treating Trigger Points. Myofascial Trigger Point Therapists have been treating Fascia for years in order to reach the Trigger Points in the Muscles. But now, I am intentionally treating Fascia *first*. One's intent makes a big difference when releasing soft tissue.

After releasing the Fascia Points and Muscle Trigger Points, the joints are gently tractioned to allow more space in the joint. Or, a Muscle Energy Technique is used to realign the joint from a dysfunction position to a functional, neutral position. This also tells the brain (proprioception) to no longer send the signal to "splint and brace" a joint that was in a dysfunctional position. This is the "icing on the cake" since the signal from the brain is turned off and the released Fascia and Muscles stay released.

After treatment, you are given a Home Exercise Program; usually gentle stretches done frequently throughout the day or twice a day to rehabilitate the newly released Fascia/Muscle.

Since I started treating Myofascial Pain and Dysfunction in 1983, I now have all the pieces of the puzzle for a successful outcome. I am looking forward to treating you.

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