

# Got Pain? *MyoRehab* has answers

Providing a "Team Approach" to pain relief since 1994

## MyoRehab



### Pain and Dysfunction

Anyone who has ever been in a car accident or fallen off a bicycle can tell you all about their pain and when it began. Then there are those among us whose pain came on gradually over weeks, months or even years. The level of pain may vary for each but the end result is always the same; a diminished quality of life. We are often told "nothing can be done about it" or "you'll just have to learn to live with it".



Although it may seem to be as simple as "I hurt", pain actually remains a complex, multifaceted collection of contributing factors which must all be addressed to achieve any appreciable level of durable relief. In the United States, pain is nothing less than a silent epidemic often treated with over the counter remedies promising miraculous results while simply masking the source of the problem.

Clearly, pain constitutes a major public health problem. Yet, by numerous accounts, pain is usually inadequately treated at best or not treated at all. Inadequate training was the most frequently cited reason for failure to effectively relieve pain and its accompanying suffering.



Other factors that contribute to failed treatment of pain include a limited understanding of the cause of the pain, lack of practitioner experience with pain patients and/or the lack of a multifaceted approach.

At MyoRehab, relieving pain is our only business. Every therapist is a certified practitioner in multiple, drug-free disciplines based on cutting edge medical research which combine to provide maximum pain relief. Our staff is dedicated

to a level of excellence seldom found in a single healthcare facility.

All therapists practicing at MyoRehab are nationally certified in the treatment of myofascial pain caused by trigger points which is commonly referred to as a "soft tissue injury". Soft tissue consists of muscle, and connective tissue including fascia, ligaments, tendons, bursa, joint capsule and disks found in the spine and joints such as the knee.

### Evaluation and Treatment

Treating only one or two components at a time when treating a multifaceted pain issue will provide partial, temporary relief at best. At MyoRehab, therapists will identify and treat all components of your pain complex. 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 specific treatment.



Treatments are drug-free and combine manual or hands-on therapy with adjunctive therapies. These may include photobiostimulation employing FDA approved cold lasers and Frequency Specific Microcurrent which targets specific soft tissue and various pain producing condi-



tions (not to be confused with standard E-Stim or a TENS unit).

The use of your body's own muscle energy is employed to gently coax joints back to a neutral position after issues involving soft tissue 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 progress. These factors may include sleep position, workstation ergonomics, improper biomechanics and other stressors adversely affecting the musculoskeletal system.



### A Team Approach

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

Ever remaining on the cutting edge of excellence, MyoRehab therapists and its founders have been recognized leaders in the field of successful treatment of pain in New Mexico for a quarter of a century.

**It's time for you to improve the quality of your life. Give us a call and set up an appointment.**

**Our phone number is 872-3100.**