



Car Accident – Pain Keeps Returning?

By Victoria L Magown

You had a car accident months ago and your back, shoulder and neck pain and/or headaches keep returning even though you have had many kinds of therapy. Don't settle until you have been returned to the same condition you were before the accident. That's the law.

My goal is to release the pain you have been dealing with on an ongoing basis since the car accident. I have 34 years of practice and knowledge and I'm still learning.

Driving to and from work, I see car accidents on a daily basis. Even if you have no broken bones, cuts or bruises, you will still suffer with Myofascial Pain and Dysfunction. Go to www.triggerpoints.net and find your pain. You will see it is usually coming from a place other than the painful area.

This is important to know since pain practitioners may only be treating the areas of pain and missing the source of the pain from the Trigger Points in the muscles.

But pain practitioners also need to understand the latest information and science about Fascia. This exciting field of Fascia Manipulation may be a major reason why your pain keeps returning. Fascia is stronger than muscle, so if it is not appropriately treated, the muscles never completely release their Trigger Points and stretch to their full normal length – pain free.

Another reason you may be having difficulty releasing all of your pain may be due to rotation of the torso. This can happen with any kind of injury, but particularly with car accidents. If you are the driver, the shoulder seatbelt only

restrains the left shoulder.

The un-restrained right shoulder is allowed to “whiplash” with the neck. This action rotates the torso left. But your head and eyes want to remain looking straight – forward. If the left rotation is not released to neutral, it will keep the upper back, shoulders and neck in constant spasm.



Brought to you by www.MyoRehab.com and www.triggerpoints.net MyoRehab is conveniently located in Granada Square, 4273 Montgomery NE, #130E, Albuquerque, NM 87109.

Call Joni at MyoRehab, 505-872-3100, to schedule an appointment.

GOT PAIN?
WE HAVE ANSWERS

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for over 34 years.**