

## **Myofascial Release & Trigger Point Therapy**

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**Have you ever damaged a muscle, ligament or a tendon and as a result have chronic pain? Myofascial Trigger Points are extremely painful and they can refer pain to another part of the body.**

We as humans sometimes take our body for granted. Did you ever stop to wonder how it integrates every system and makes you function the way you do? The body is an amazing machine but it is not impervious to breakdown. The body coordinates every process but if it is interfered with, body parts can breakdown and interfere with other healthy areas and eventually, if the area does not get enough nutrition it can die.

Chiropractic works with the principle that "life" flows over the nerves in the body. These nerves have the job of coordinating and maintaining all of the organs and parts (tissue, muscle, cells, etc.) of the body in a state of active adaptation within their environment. Your central nervous system (brain and spinal cord) and endocrine system (hormones that are secreted) are the first systems to develop and this is visibly seen when the fetus is six weeks old. The nervous system and the endocrine system keep your immune system functioning at its' optimum. The immune system protects you from unknown, and harmful bacteria and viruses that come in contact with your body and keeps it healthy.

The nervous system is the only system within your body that can never rejuvenate itself or heal itself when it is damaged, from the moment of conception to the moment of death your nervous system never replaces itself. All bodily functions are directed and controlled through the nervous system. The spine encases the spinal cord and all nerve trunks stem from there, exiting through small openings between the vertebrae. A sudden strain on the spine may cause a muscle to become disturbed and therefore its function is altered.

Many illnesses can be traced to some strain or injury to the spine --a fall, an accident, and a sudden unexpected movement -- some mishap that seemed insignificant at the time. When a muscle becomes irritated the activation of a myofascial trigger point begins. The muscle develops a circumscribed spot tenderness in a nodule that is part of a palpable (able to feel) tense band of muscle fibers. The actual composition of a trigger point within the muscle are waste products from the muscle (lactic acid, hyaluronic acid, etc.) that are unable to be washed out into the body's blood stream and out of the body. These waste products are, by nature, very irritative to the muscles and cause pain. When touched they are extremely painful and, because of that pain, often cause referred pain to another part of the body. Just as a trigger of a gun causes something to happen somewhere else (where the bullet hits), stimulating a muscle, ligament or tendon trigger point causes pain somewhere else.

There are numerous factors that can perpetuate myofascial trigger points. Some of these are: Mechanical stresses which are structural inadequacies, postural stresses, and constriction of muscle. Nutritional inadequacies are often occurring along with sources of mechanical stress. Nutritional deficiencies, especially those involving water-soluble vitamins are especially common when persons have poor dietary habits, drink excessive alcohol, or have chronic co-morbid diseases. Psychological factors that can delay recovery include depression, tension caused by anxiety. Chronic infections due to either viral or bacterial disease, and some parasitic infestations, can prevent recovery from myofascial pain syndromes. Other factors, such as allergy, impaired sleep, radiculopathy and chronic visceral disease, prolong treatment.

Myofascial trigger points will not go away by themselves completely. To eradicate these trigger points the chiropractor uses digital pressure on the points for 5-7 seconds to break up the build-up of waste products. The specific pressure allows the blood vessels to open-up and let the toxins to escape into the blood stream so the PAIN - SPASM - WASTE BUILD UP cycle will be broken.

Do you have Myofascial Trigger Points? Myofascial Trigger Points are extremely common and become a painful part of nearly everyone's life at one time or another. They are frequently overlooked and a misunderstood source of muscle aches and pains. Have you been remedying the results of your pain by taking pills or surgery? Perhaps you've learned to live with it. A simple examination by a chiropractor can determine whether or not you have myofascial trigger points. Only by detecting the specific muscles and also the specific stress or stresses initiated by the myofascial trigger points can they be eradicated and allow the body to begin to heal.

With the skill of the hand, the chiropractor specialized in Myofascial Release Therapy can locate and eliminate the source of the myofascial pain patterns within the body. Therefore the cause of the problem is corrected rather than alleviating the pain temporarily.