



A Love Letter to Albuquerque, NM

By Victoria L Magown

What an interesting and exciting journey it has been. I moved to Albuquerque, NM in 1983 and opened my first office, *NM Myotherapy and Exercise* in January 1984.

I had graduated from the two-year *Bonnie Prudden School for Physical Fitness and Myotherapy* in June of 1983 and moved to Albuquerque to be with my new husband, Charles Kevin Griffin. He helped set me up in my practice and I was off and running.

As a Certified Exercise Specialist, I taught an Exercise Class to music (before the days of aerobics to music) on Monday, Wednesday and Friday every morning for three years.

Then I headed to the office and treated patients all day. I loved everything about treating people's pain issues and giving them their lives back. I have been passionate about it ever since.

I built up *NM Myotherapy and Exercise* into a clinic with three other therapists and eventually sold it in 1998 when I moved to Palm Springs, CA to marry my second husband.

I did seminars with my father-in-law, John Ingle, DDS, who wrote the Endodontic Textbook used in universities and colleges. He and my husband, Geoff, owned *Palm Springs Seminars* and hosted doctors and dentists from all over the United States who gave lectures to Pain Practitioners who wanted to learn

more about Myofascial Pain and Dysfunction.

I worked as a Myofascial Trigger Point Therapist (we had evolved and were named by Janet G. Travell, MD who wrote *Myofascial Pain and Dysfunction*, *The Trigger Point Manual* with David G. Simons, MD) for Hanna Sanders, MD, a physiatrist trained in Myofascial Pain and Trigger Point Injection by David G. Simons, MD.



It was a very exciting time as our understanding of Myofascial Pain was evolving rapidly. *Palm Springs Seminars* was honored to host Janet G. Travell, MD several times.

After four years in Palm Springs, CA, I returned to Albuquerque, NM and opened *Myofascial Rehabilitation Center, Ltd. (MyoRehab)*. George Pellegrino joined me in 1997 and we built up the clinic to include four more therapists.

We also started teaching Myofascial Trigger Point Therapy in 1998 and Certifying Therapists under AIMS (*American Institute for Myofascial Studies, LLC*) in 2003. We would work five days a week treating patients and on Saturday spend the day developing the seminars. I would type the slides and George would scan pictures from *The Trigger Point Manual* or obtain pictures from online, talk to perspective students and sign them up. We were a great team.

Once a month, we would teach a three-day seminar on Friday, Saturday and Sunday and then be back to work in the office on Monday. We loved it and our students and graduates felt the passion, which continues to this day.

George passed on April 6, 2010 and I continued to teach until 2012. I downsized *MyoRehab* in 2010 and then again in 2013.

Since 2013, I have treated patients part-time on Tuesday, Wednesday and Thursday. I still love giving people their lives back, helping them to be functional and do the things they love.

MyoRehab will be closing June 30, 2017 and I will be moving back to Rhode Island (where I am from) to be near my two brothers and family. I will still treat patients while living in Rhode Island. But, my goal is to return to Albuquerque, NM winters to continue to treat patients and ski. YES!

I love the New Mexico sunshine and all my patients, colleagues and friends. Thank you for all your love and support through the years.

Always, *Vicky*

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