



MyoRehab Low Back Pain

By Victoria L Magown

Almost everyone has experienced it at least once. In the past, treatment of low back pain focused on releasing Myofascial Trigger Points (MTrPs) in the thoracolumbar region, gluteals, abdominals and iliopsoas (the muscle that attaches to the anterior lumbar spine). For the majority of people, this would completely alleviate their low back pain.

But, some people continued to experience mild to moderate low back pain which they managed with their Home Exercise Program and keeping correct posture while sitting, standing and sleeping. It frustrated me when I did not know the key missing piece of the pain puzzle to relieve a healthy, active person's low back pain. New research shows that fascia has a lot to do with ongoing, chronic low back pain.

Robert Schleip, PhD, Rolfer, Ulm University, Germany, shows in his new fascia research video, a man with chronic (three months or more) low back pain. With ultrasound, one can see that his low back fascia has become stiffer and thicker than the average person's. Dr. Schleip is shown palpating the man's back and explaining that he can feel increased thickness of the fascia over the area of the low back pain. He then treats this area manually using his elbow. He also teaches the man how to treat his own low back fascia by lying on a ball to apply pressure to the area of pain and gives him an exercise to do at home.

Now I know that in the case of chronic low back pain, I need to continue releasing the thick fascia densification, Fascia Point, multiple times to completely release it and allow the fascia to stretch completely to its full normal length.

To my previous patients: come back and we'll finish the treatment to completely relieve your low back pain. To my new patients: we now have all the pieces of the puzzle to completely relieve your low back pain.

Call MyoRehab at 505-872-3100 and make an appointment now. Conveniently located at 4273 Montgomery NE, #130E, Albuquerque, NM 87109.

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