



# Creating Health

Providing knowledge to help you take control of your health and feel better

Brought to you by

## Wilmington Clinic

Dr. Michael J. Fiscella DC  
4918 Weber Road  
St. Louis, MO 63123  
314-353-1477



Dr. Fiscella has been in practice for over 35 years and holds the following certifications and licenses:

- Board Certified  
Chiropractic  
Orthopedist
- Certified Acupressure/  
Nimmo Technique  
Instructor
- Graston Technique®  
Certified
- Licensed  
Acupuncturist
- Certified EndoNasal  
Instructor

## Services Provided

- Myofascial Release
- Trigger Point Therapy
- Graston Technique
- Acupuncture
- Acupressure
- Orthotics
- Nutritional Counseling
- Spinal Decompression
- Sports Rehabilitation
- EndoNasal Technique

We are participating providers for many HMO's and PPO's.

## Myofascial Pain and Trigger Points

Pain is experienced by millions of people everyday and can greatly interfere with daily activities and overall quality of life. The same underlying problems that create pain can also cause a host of other symptoms including: fatigue, stiffness, nausea, poor balance, cramps, itching, burning, ringing in the ears, localized sweating, numbness, digestive ailments, eye and ear trouble, hormonal imbalances, nerve problems, heart and lung problems, arthritis, and gynecological problems.

### So, what is the common denominator between all these symptoms?

Myofascial inflammation which forms trigger points. Ok...let's break this down.

**Myo** refers to muscle and **fascial** refers to fascia. Fascia is a thin layer of soft tissue which surrounds every muscle, nerve, ligament, bone, and organ in your body.

You can think of fascia as a continuous web that envelops your body and connects every part of your body from head to toe.



In the normal healthy state, the fascia is relaxed and wavy in configuration, it has the ability to stretch and move without restriction. However when we suffer physical trauma or inflammation, the fascia will lose its pliability becoming tight, restricted and a cause of tension to the rest of the body.

**Trigger points** are hyperirritable spots located in soft tissue, mostly in taut bands of muscle. Trigger points are formed after physical trauma (minor or severe) which then leads to inflammation, stagnation of blood and lymph, nerve irritation, the accumulation of metabolic irritants, and tight muscles. These then lead to a continuation of the pain cycle.

The initial trauma that starts the myofascial pain syndrome could extend as far back as

a difficult or traumatic birth. The most typical causes include strains, sprains, cuts, bruises, surgical incisions, accidents, sports injuries, overexertion, repetitive occupational activities, postural and gait imbalances, and some illnesses or diseases (especially when inflammation is present).

In addition to trigger points, myofascial pain syndrome frequently involves the development of scar tissue or adhesions. Because of inflammation or stress, the fascia can start to adhere to the muscles, nerves or organs and restrict the normal flow of fluids and normal movement of these structures.

The end result of all this is pain, tightness, lack of normal movement in the muscles and joints and overall decreased functioning of the systems of the body.

Because of the connectedness of the fascial network, tightness in one area of the body can cause pain in another, seemingly unrelated, area. Eventually, the host of symptoms listed earlier can result depending on which muscles, nerves vertebra and organs are being restricted.

Studies show that regular care using acupressure/acupuncture/trigger point treatments (like what we specialize in here at Wilmington Clinic) reduce the long term affects of acute and chronic pain from injuries, arthritis and muscle tension, fatigue, headache, back pain, depression, etc., without side effects.

When you combine trigger point, myofascial release and the other physical modalities we use with good nutrition aimed at decreasing inflammation throughout the body, you end up with a healthy, pain-free body in a very short period of time. There is no need to suffer or miss out on life...

## Our New Weight-Loss Program is Very Successful!

I'd like to introduce myself and a new program which I monitor at the Wilmington Clinic. My name is Patti Edington and I am a medical assistant with 25 years experience managing various types of medical practices. The new program we are offering is called SHAPE ReClaimed. This is a fantastic weight-loss program which centers around a homeopathic product which not only helps you attain long-term success with your weight loss goals but also helps restore vibrant health. The product is only available through medical offices such as ours and requires close monitoring throughout the program. There is no special food to purchase and the program is extremely reasonable in cost.

I have been on the program since October 18, 2012, and as of today, January 12, 2013, I have lost 52 pounds and have gone down 3 dress sizes. My physician has taken me off of THREE of my medications for high blood pressure and high cholesterol -- because I do not have either of those diseases any more! This is like no other program I have ever seen in my career.

I have always loved medicine and I consider it a privilege to work with someone of Dr. Fiscella's caliber. He is remarkably dedicated to his work and his patients, and that level of dedication is not seen every day. I am honored that he has chosen me to assist him in monitoring the progress of our patients in this amazing program. **If you or a friend would like a consultation, please call me directly at 314-956-8561. Let's all have a healthy, happy, productive 2013!**



*Patti*

**WILMINGTON**  
  
**CLINIC**

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[www.thewilmingtonclinic.com](http://www.thewilmingtonclinic.com)

### Office Hours:

Mon, Wed, Thurs 11am -6 pm  
Tuesday 8-11 am  
Friday 6-11 am

Presorted Standard  
U.S. Postage  
PAID  
EconomicalMail.com

Return Service Requested

## Information is Power!

Empower yourself by learning more about our specific techniques and strategies to maintain optimal health! Tell your friends/family so they can benefit too.

Check out our new informative videos and blog at:  
[www.thewilmingtonclinic.com](http://www.thewilmingtonclinic.com)

Our intent is to inform, not annoy. If you would like to be removed from our mailing list, please call us.

## Healthy Living Helps You Combat Economic Stress and Decreases Your Overall Medical Costs!

Economy worries got you down? Not sure what the future brings? The worst thing to do is eliminate the healthful actions that keep you strong and resilient to stress. Let me ask you this; how helpful and productive are you when you are sick and tired? Not very. Lost time at work, lost money and lost opportunities are the consequences of being sick and tired.

The best approach to a stressful time is to bolster your health, take care of yourself, and work hard. If you are working like mad with a stressed mind and tired body, ultimately, something will give. You either go into a depressed or overwhelmed emotional state, or become physically ill.

Eating high quality food, supplementing with good wellness formulas, having regular chiropractic care, getting moderate exercise and having positive social interactions go a long way to keeping you above the exhausting stress threshold.

In addition to helping you be more productive and resilient, long range studies show that living a wellness-oriented lifestyle decreases your medical costs. Health insurance premiums are lower for people who are in a good weight range and don't smoke, medication usage is less, copayments and deductible payments are fewer (since you aren't sick as much and don't have to see the doctor or have medical procedures) and you don't have lost wages from being unable to go to work.

So, if the economy, or life in general, has you more stressed than usual, take even better care of yourself and be ready for what life has to bring! Don't skimp on wellness care and then waste money on sickness care.

