



# Creating Health

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

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Brought to you by

## Wilmington Clinic

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Dr. Fiscella has been in practice for over 30 years and holds the following certifications and licenses:

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

## Services Provided

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

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 envelopes your body and connects every part of your body from head to toe.

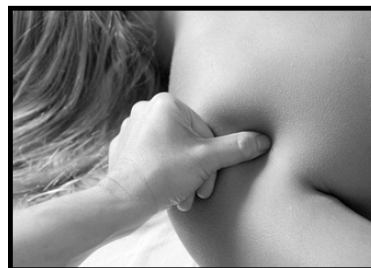
In the normal healthy state, the fascia is relaxed and wavy in configuration, it has the ability to stretch and move without restriction.

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.

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.

**Trigger points** are hyperirritable

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**Office Hours:**

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



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**What Can Be Done to Reverse the Cycle of Pain and Inflammation?**

At Wilmington Clinic we specialize in two types of treatment which are effective ways to eliminate myofascial pain: Nimmo Technique and Graston Technique. **Nimmo** is an acupuncture/ compression therapy in which the doctor manually applies precise, sustained pressure on trigger points. During this process, blood, lymph and metabolic irritants are forced out of the area initially. When the pressure is released, blood returns to the area and the trigger point will be cleared or inactivated.

**Graston** is a technique in which specialized instruments are used to release facial adhesions in various parts of the body.

With both techniques, there is no popping or cracking of joints. It is the muscle and soft tissue tightness pulling on the bones that causes problems. Moving the bones without releasing the soft tissues results in the return of the original fixations and restricted motion as the bones are still stressed by the soft tissues and muscles.

Along with our two primary myofascial release techniques, we might also use therapies such as spinal decompression, ultrasound, moist heat, ice packs, electrical stimulation, acupuncture/acupressure, cold laser therapy, relaxation techniques, stretching, strengthening and rehab exercising.

As mentioned earlier, nutrition also plays an important role in the pliability of your soft tissues, your body's ability to recover from injury as well as the level of overall inflammation. What you eat can cause inflammatory processes to be initiated and continued. The health of

your organs will also have a major impact on inflammatory and recovery processes, so good nutrition is also important for keeping your organs healthy. To help make up for a less than perfect diet, we may recommend specific nutritional supplements in order to decrease inflammation, support soft tissue repair and improve overall organ function.



**Releasing soft tissue restrictions can lead to a flexible body which is free from pain, has good energy and excellent health!**

The human body has tremendous self-healing capabilities and was designed to regulate itself. The nervous system is one of the primary mechanisms for this regulation as it is a master controller of hormones, detoxification, immune regulation, etc. The myofascial release techniques we use help to free your nervous system from interference so it can get on with the job of regulating the various functions of the body and keeping you free from pain and illness. With our fast-paced lifestyles we don't always take care of ourselves as we should and our bodies need a little help to realize their full self-healing potential.

**When you combine trigger point, myofascial release and the other physical modalities 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...**