Myofascial Pain and Dysfunction of the Upper Back, Shoulder and Neck

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WHY, WHY and WHY me!!!

- Birth Trauma. Ow that hurts!
- Falling
- Car, bike, motor cycle accidents, etc...
- Sleeping wrong
- My Husband!!!! Ugh.... (or significant other)
- Job!!!!!
- Disease
How do I Know that it’s Myofascial pain?

• You could see your Medical Doctor!
• Physical Therapist
• Occupational Therapist
Or Integrative Medical Team

• Chiropractor
• Massage Therapist
• Doctor of Oriental Medicine
• Ayurvedic practitioner
• Native Healers
What is Myofascia?

- Fascia or **Myofascia** is the dense, tough tissue which surrounds and covers all of your muscles and bones. This outer fascial covering is very strong and very flexible. In fact, it has a tensile strength of over 2000 pounds.
What are myofascial trigger points?

- **Myofascial trigger points** are an extremely common cause of pain. **Trigger points** are painful when pressed on, cause a shortening of the muscle fibers, and have a special property called referred pain. Referred pain means that a trigger point in one muscle can create pain in another area.
How to treat

• Let’s just start with Six big muscles for shoulder/neck pain.
  
• 1) Trapezius
• 2) Rhomboid
• 3) Levator scapula
• 4) Pectoralis Major
• 5) SCM
• 6) Latissimus Dorsi
Trapezius
Rhomboids

- **Rhomboid Minor Muscle**
  - Origin: Rhomboid Minor Muscle, C7 Spinous Processes
  - Insertion Point: Rhomboids Minor Muscle

- **Rhomboid Major Muscle**
  - Origin: Rhomboid Major Muscle, T1-T4 Spinous Processes
  - Insertion Point: Rhomboid Major Muscle

- **Scapula (Shoulder Blade)**

[Source: musclesused.com]
Pectoralis Major
SCM

- Sternal Branch
- Clavicular Branch
Latissimus Dorsi
Stretches