

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 ext....
- 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.

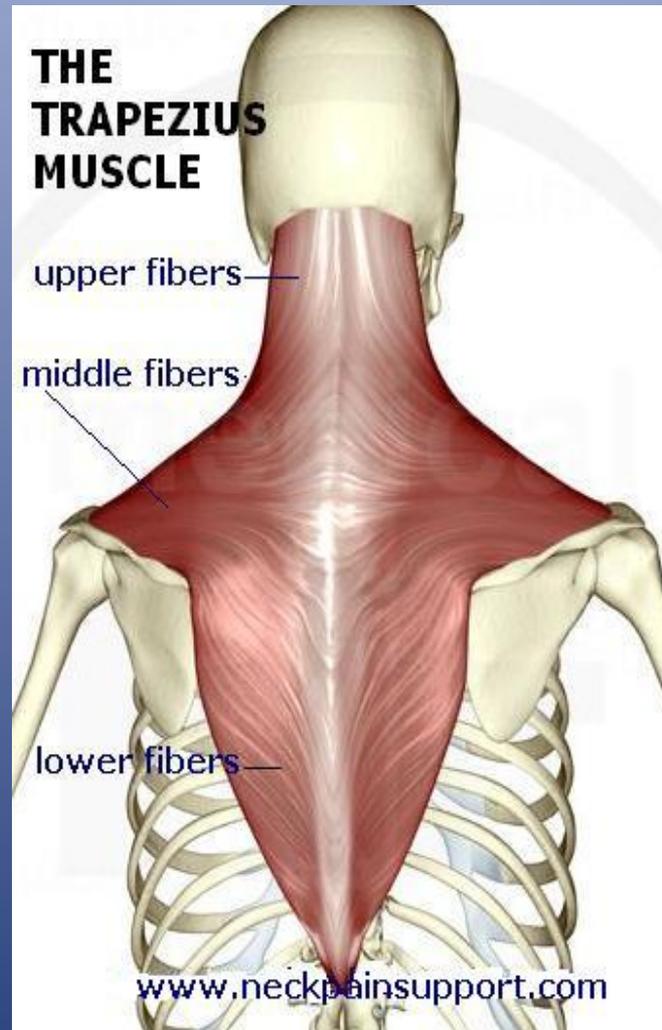
What are myofascial trigger points?

- **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.

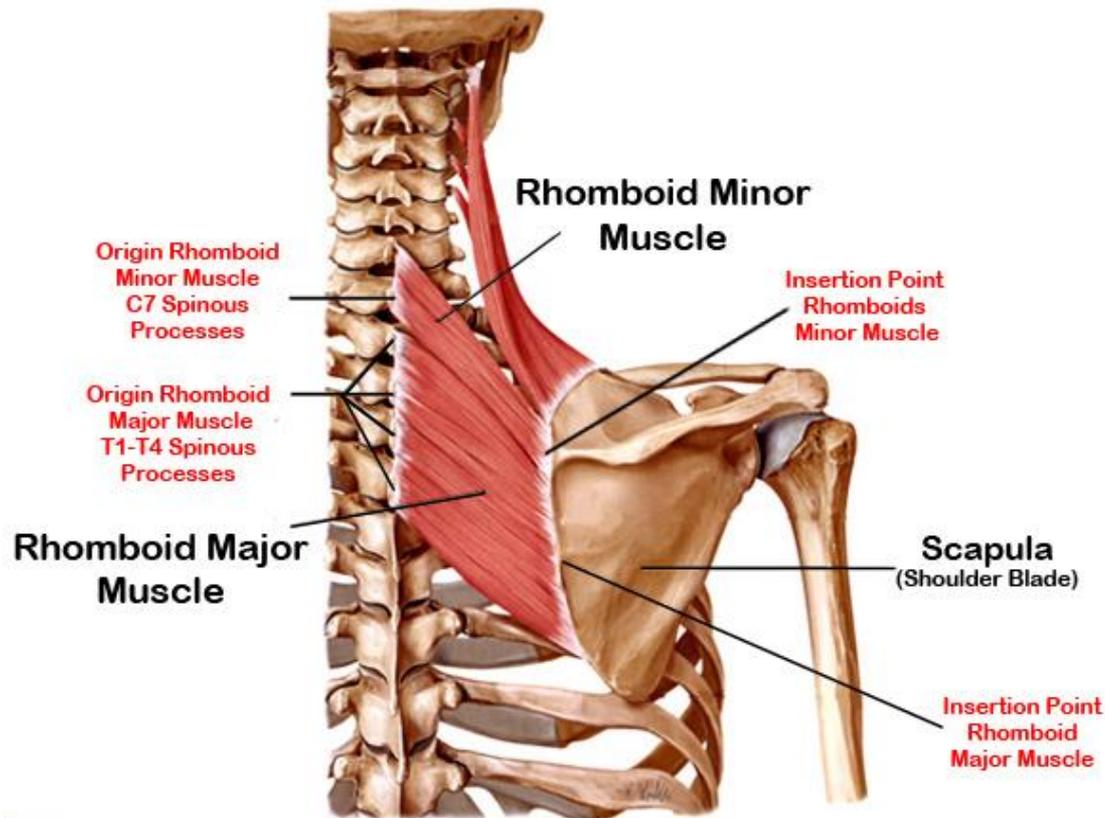
How to treat

- 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

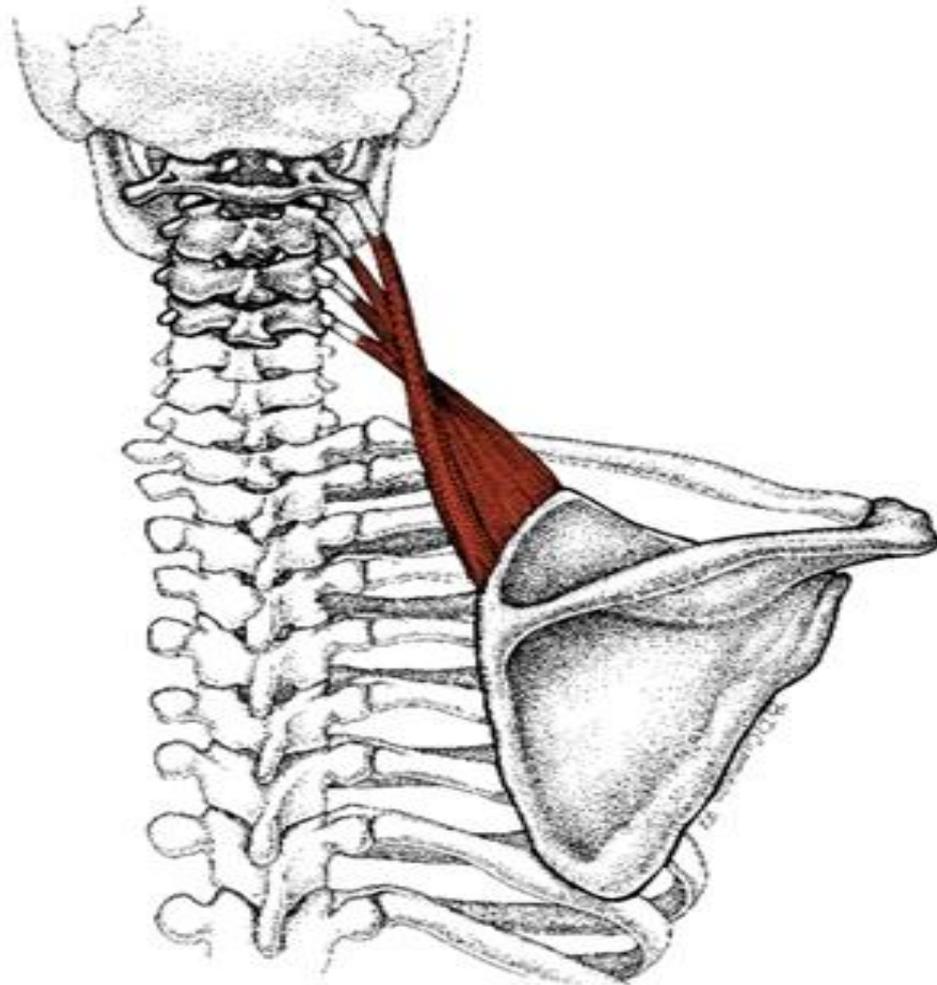
Trapezius



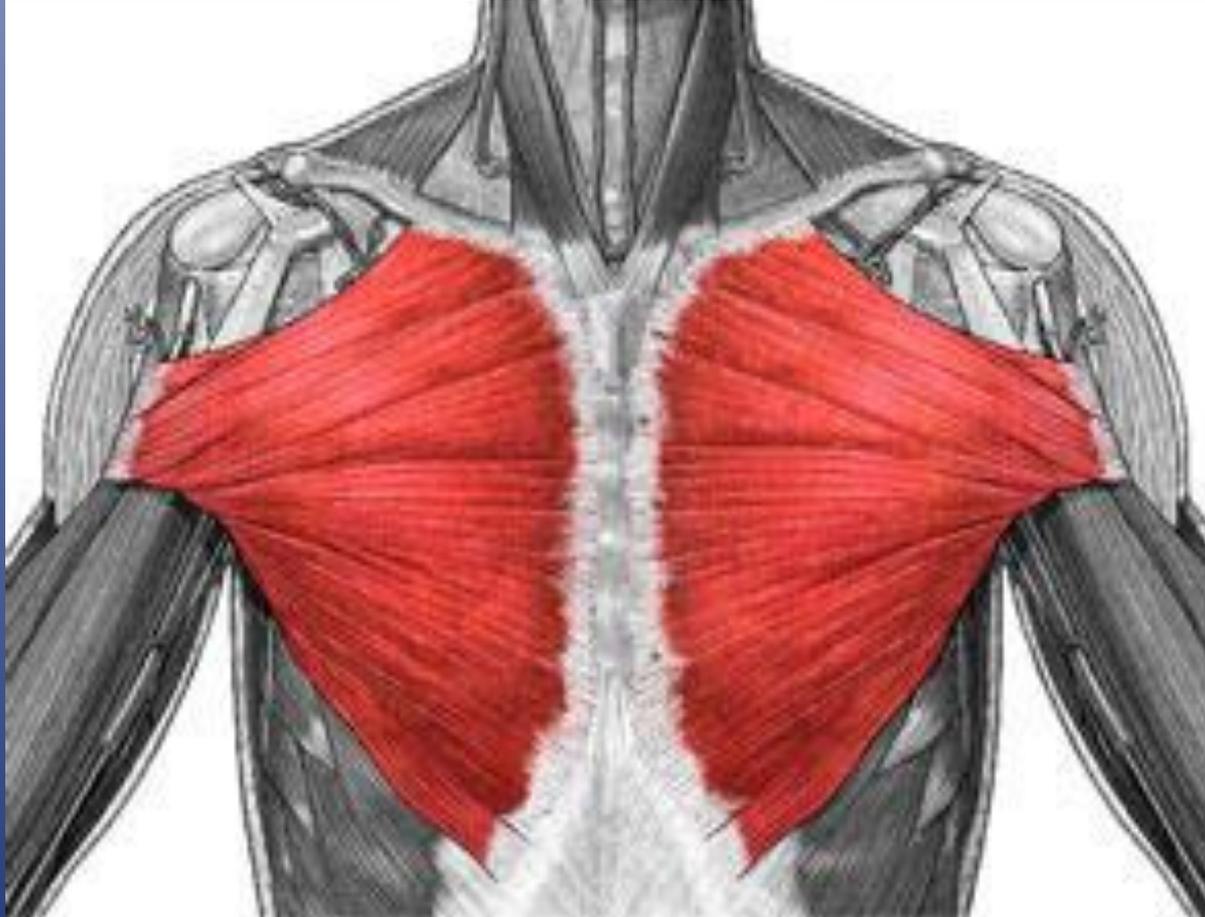
Rhomboids



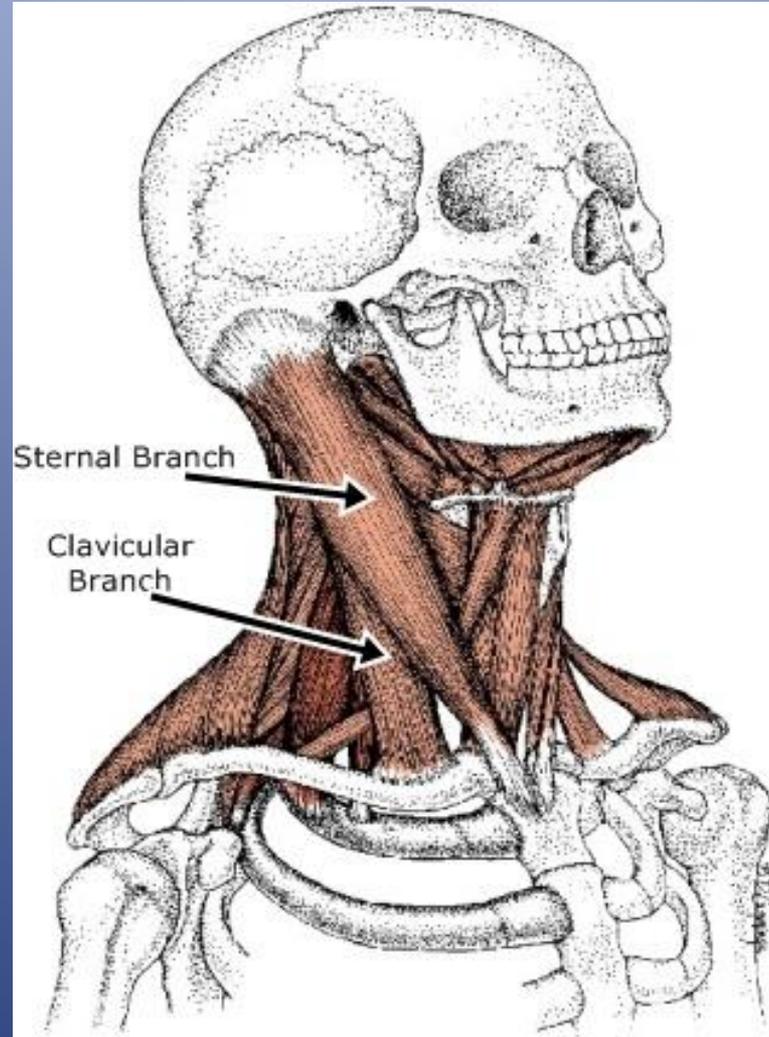
Levator Scapulae



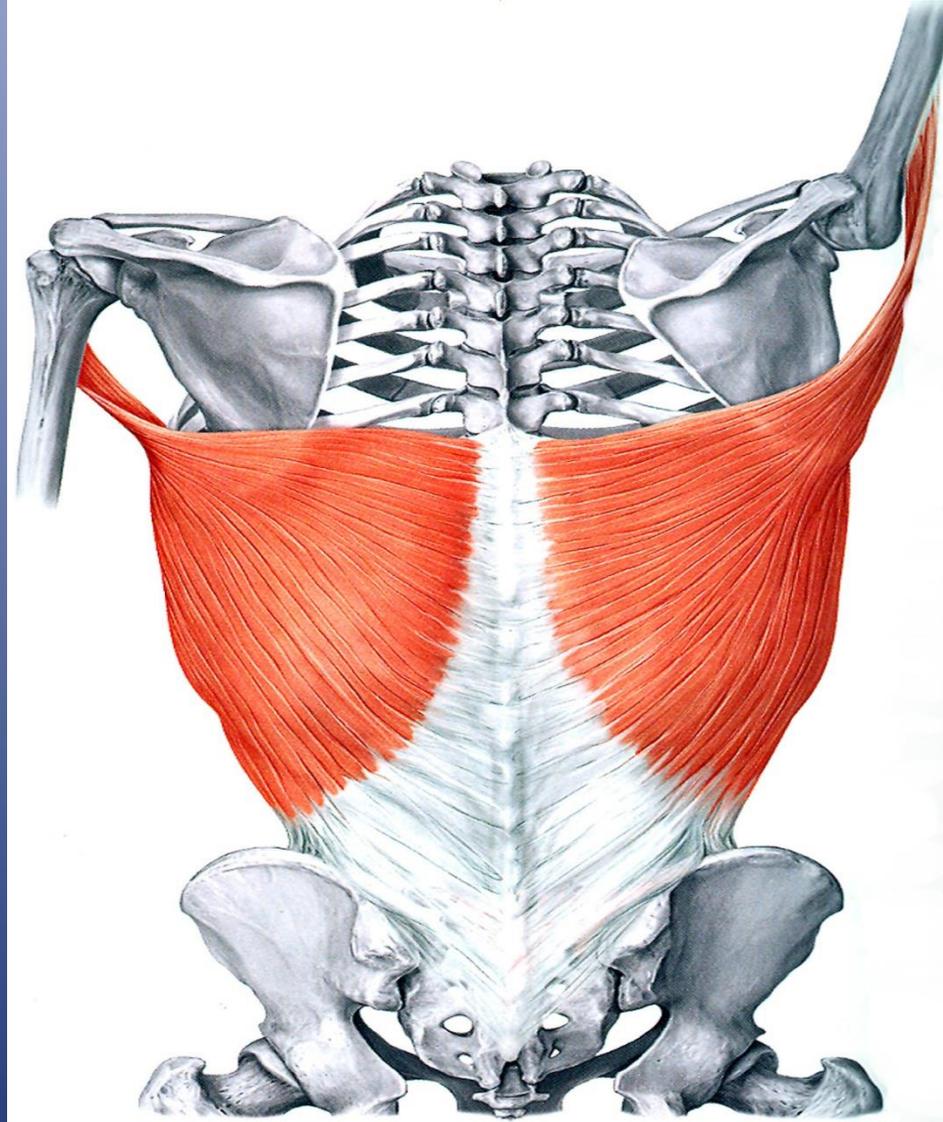
Pectoralis Major



SCM



Latissimus Dorsi



Stretches

