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MUSCLE PAIN MATTERS...

Consider Myofascial Trigger Point Therapy!

Aches and pain are an extremely common medical complaint. Did you know that Trigger Points are a factor in many of those complaints? Trigger Points can be involved in Headaches (Migraines), Neck and Low Back Pain.

What are Trigger Points?

Highly irritable spots laid down in the muscle from overuse, misuse, and dis-use, which create a spasm-pain-cycle/pain pattern.

What makes Trigger Points clinically important?

They are the triple threat that cause pain, complicate pain and mimic other pain problems.

What is Myofascial Trigger Point Therapy?

Clinical treatment, a "hands-on" procedure, done by a certified trained Myofascial Trigger Point Therapist. Therapists deactivate TRP's with deep compression, passive stretches, postural and ergonomic retraining, and kinesthetic awareness to reduce chronic pain and help patients return to normal activity

Treatment protocol includes:

- Assessment and history
- Progress goals are set and reassessed
- Deactivation of trigger points
- Postural and ergonomic retraining
- Corrective exercises
- Emphasis on patient involvement, education, and self-care



Jo Ann Lauer, C.B.P.M., B.S. has been in clinical practice, specializing in Myofascial Trigger Point Therapy for over 20 years. As an advocate for healthy living and education, she is passionate in helping patients, to *Live better, Work better and Be better!* Jo Ann treats patients in our Salinas office.

RehabOne Offers Myofascial Therapy in our San Jose, Los Gatos and Salinas offices!

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