

# Treatment Overview

Indy Myopain Relief Center focuses on using Modern Trigger Point Therapy (MTPT) combined with other modalities. Modern Trigger Point Therapy (MTPT) is a form of problem-solving massage therapy that uses safe movement techniques, along with pain neuroscience education. The ultimate purpose is to reduce pain in all its forms and to restore full function.

## **Our method consists of:**

1. Assessment and reassessment of the body.
2. Manual techniques that are tailor-made for each individual situation.
3. An active movement rehabilitation component.
4. Some pain neuroscience education to help you understand how pain works and how it can be controlled.

The overall aim is to provide a swifter recovery from pain and to promote optimal, efficient movement. By understanding the comprehensive nature of how things go wrong in the body, and the contributions of bio mechanical, biochemical and psycho-social factors, we develop effective strategies to solve even the toughest, longstanding pain conditions.

## **Before our therapy services, we address 6 major factors of health restoration:**

1. All forms of muscular injury due to soft-tissue overload, overuse, misuse, disuse and abuse.
2. Neurological wellbeing, both cognitively and mechanically.
3. Posture and subsequent movement.
4. Identify and deactivate all trigger point contributions to pain and dysfunction.
5. Attention is paid to educating the patient in chronic pain on what is going on in their body. We call this pain neuroscience education.
6. Identify, modify, or remove all relevant perpetuating factors such as ergonomics, sleep, nutrition, stress, etc.

## **Why is Modern Trigger Point Therapy great?**

1. It considers the whole patient in context with their environment.
2. It is good for most-soft tissue driven pain and dysfunction.
3. It reduces longstanding pain that was originally derived from soft tissue, including connective tissue.
4. It should be used before having a more invasive procedure, like surgery.
5. It may be helpful for pre-operative pain and hard-to-explain post-op pain.
6. It can be used for performance enhancement.
7. It can be a valuable part of regular monthly maintenance.
8. It is particularly good at solving enigmatic pain puzzles associated with myofascial pain.

