

Indy Myopain Relief Center

Overview

Indy Myopain Relief Center focuses on using Myofascial Trigger Point Therapy (MTPT) combined with other modalities. Myofascial Trigger Point Therapy is a form of problem-solving massage therapy that incorporates 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 goal 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 are caused by 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, posture, etc.

Why is Myofascial Trigger Point Therapy great?

1. It considers the whole patient in context with their environment.
2. It is good for **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 such as **surgery**.
5. It may be helpful for **pre-operative** pain and hard to explain **post-op** pain (idiopathic 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.
9. It is the **fasted** modality.
10. It is the most **lasting** modality.
11. It can **predict** the future.
12. It can **change** the future.