

What to Expect

Steven Maschmeyer

We encourage you to print off the detailed [confidential health history form](#) and fill it out beforehand. The initial evaluation starts with targeted questioning and deep listening. This is followed by a physical examination for posture and movement. (There is always time set aside for treatment in this initial session.)

From the information derived from the symptoms and signs, special tests, and clinical reasoning, a treatment strategy is formulated and agreed upon.

The hands-on part of the treatment involves partial undressing to allow access to the involved parts as does conventional massage therapy. Therapy is a combination of dry techniques, lubricated glides and is dynamic, targeted and well tolerated.

Techniques used will include skin rolling, trigger point identification and deactivation, neuromuscular glides, some instrument-assisted techniques, stretching, and movement retraining.

Various perpetuating factors are also considered, such as ergonomics, sleep habits, nutrition, environment, stress, and attitude to pain.

You will be shown homecare activities and reassessed on your next visit.

We love to collaborate with any other healthcare providers that you are using.

Approaches to contact or Schedule an Appointment:

1. Schedule using our website. "Make an Appointment".
2. Call 317.973.0888, Indy Myopain Relief Center.
3. Go to footer of Website to leave a message.
4. Text/Message: 317.658.4987 Indy Myopain Relief Center.
5. Fax your request to 833.331.2319.

Indy Myopain Relief Center Method

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Assessment

Assessment and reassessment of the body.

Manual Techniques

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Manual techniques that are tailor-made for each individual situation.

Movement

An active movement rehabilitation component.

Pain Neuroscience Education

Pain Neuroscience Education (PNE) 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 biomechanical, biochemical, and psychosocial factors, we develop effective strategies to solve even the toughest, longstanding pain conditions.

The Protocol:

Myofascial Trigger Point Therapy (MTPT) is a unique treatment protocol for the treatment of pain and muscle dysfunction arising from muscles and soft tissue. (85% of all pain). The protocol is based on the seminal works of Janet G. Travell, MD and David G. Simons, MD, co-authors of Myofascial Pain and Dysfunction, The Trigger Point Manual, third edition, and integrates current research and scientific concepts.

Includes:

1. Comprehensive patient history.
2. Pain mapping.
3. Range of motion evaluation.
4. Postural analysis.
5. Identification of perpetuating factors.
6. Differential diagnosis.
7. Correction of perpetuating factors.
8. Manual techniques to treat myofascial pain and dysfunction.
9. Use of PiezoWave ESWT and/or Frequency Specific Micro Current PRN.
10. Personalized self-care program including self-treatment techniques.
11. Patient Education

It is this protocol that makes myofascial trigger point therapy a comprehensive form of pain relief therapy, enabling Indy Myopain relief Center to set a goal of permanent pain relief!

