



Injured in an Auto Accident?

Trigger Point Therapy Can Help You Feel Better Fast!

By Melissa Hernandez, LMT, Lic.#2679, CMnTPT, CES, LF

What is whiplash? Whiplash is a common name for an injury when the head and jaw are suddenly “whipped” back and forth beyond normal limits, like the end of a snapping bullwhip. Whiplash violently hyper-extends and hyper-flexes the head, neck and jaw. High shearing forces, tension and pressures subsequently overstretch, tear, compress and damage the tissues.

Whiplash often happens to people injured in an auto accident. Symptoms typically develop between 2 to 48 hours following the injury, but could take months to show up. Once symptoms appear, they can be painful and insidious. Symptoms include:

- Neck pain & stiffness
- Headache
- Jaw pain, discomfort & soreness
- Jaw clenching or grinding
- Jaw popping, clicking, locking
- Sensitivity in the teeth
- Ringing in the ears
- Ear pain & stuffiness (not from infection)
- Dizziness, difficulty balancing
- Blurred vision
- Shoulder & arm pain
- Numbness & tingling
- Radiating pain in eyes, face, head, neck, shoulder and/or back

Whether or not you experience immediate symptoms, it is important that you are seen by your physician as soon as possible! Clinical studies confirm that the frequency and timeliness of early treatment is crucial to recovery.

Did you know...between 39%-56% of whiplash victims report that they still suffer with symptoms two years later?

TRIGGER POINT THERAPY CAN HELP YOU FEEL BETTER FAST!

Myofascial Trigger Point Therapy, developed by Dr. Travell, is a treatment for muscular pain. Dr. Travell discovered that when muscles are traumatized through direct injury, overuse, postural distortions or disease, trigger points are laid down in the muscles. Trigger points are hypersensitive areas which keep portions of the muscle contracted, causing restriction and pain that can radiate to other parts of the body. Once a trigger point is laid down, it can be there for life, unless properly treated.

Myofascial Trigger Point Therapy inactivates trigger points by using compression on the trigger point, fascial rolling, and a variety of advanced stretching techniques to bring the muscle back to its full normal length.

The trigger point therapists at Full Circle Wellness Center chart your pain patterns and test for restricted range of motion to determine which muscles need to be treated – allowing us to get results quickly and effectively.

Read what some patients have to say about Trigger Point Therapy.

Prior to receiving Trigger Point Therapy at Full Circle Wellness Center, I had migraines at least 5 to 7 times a month. They would last up to a

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week at a time and would paralyze my body. Migraines were taking over my life, and I could not take care of my daughter or go to work. After receiving Trigger Point Therapy, I no longer have migraines on a monthly basis. If I do get a migraine, they are not as severe, and might last a day, instead of lasting a week.

The therapists at Full Circle have taught me some great stretches and breathing techniques that are very helpful when I start to get stressed out. These stretches and breathing techniques have helped me to relax and prevent a migraine.

—Ashley T., ABQ

Before coming into Full Circle, my shoulders and neck were unbearably stiff. It hurt to move my right arm and turn my head. Trigger point therapy was great. After about two sessions, I got my mobility back. With my therapist's suggestions, I managed to make a few changes to my sleeping positions, which also helped. My trigger point therapist is great at helping me understand how my body and my muscles work. It also made me aware of how I use my body, and the bad habits I can fall into while sitting, standing and sleeping.

—Margaret D., ABQ

When I was referred to Full Circle, I had continuous pain in my lower neck and right shoulder. I was taking pain medication and muscle relaxants daily. I had restricted range of motion that was so bad I couldn't look down or to the right. I could not exercise and had frequent headaches. My doctors were not able to do much more for me. It seemed my health was on a downward spiral.

After regular trigger point treatments, I am off all pain medications, my range of motion is vastly improved, I no longer have frequent headaches, and I am able to exercise every day. My therapist's knowledge of how muscular anatomy affects posture is very impressive and right on target. With each visit, she was able to read my problem areas and directly address them almost immediately.

The team of trigger point therapists at Full Circle are committed to working along side the patient to help them find the path to natural healing. I am extremely grateful to them for taking this kind of approach with me. It was just what I needed.

—Mike M., ABQ

If you've been injured in an auto accident, auto insurance frequently pays for treatment! We can help verify your benefits and coverage. Trigger Point Therapy can help move you out of pain and into an improved state of balance and personal well-being!

In order to determine if your pain problem is muscular in nature, a prescription (doctor's order) from your doctor for Myofascial Trigger Point Therapy is required. Call Full Circle Wellness Center at 505-265-3400 for more information.