

What is Myotherapy? and could it help you?

Have you heard of Myotherapy but don't really know what it is? We asked resident Myotherapist, Tracy Bartie, to explain Myotherapy and how it might help you?

What is Myotherapy?

Myotherapy involves the assessment and treatment of 'myofascial' pain, injury and dysfunction of the human body and is aimed at restoring soft tissue structures (fascia, muscles, ligaments & tendons) back to their normal integrity.

How is Myotherapy different from Massage?

Remedial massage is the well known practice of soft tissue manipulation to relax muscles, improve circulation and decrease stress whilst improving flexibility and alleviating pain.

Myotherapy is the skillful use of the hands and other therapeutic techniques including deep soft tissue massage, trigger point deactivation, myofascial release, dry needling and corrective exercises to enhance muscle activity and to heal injury.

What symptoms do people seeking Myotherapy present with?

You may be experiencing many different symptoms such as pain, tightness, tenderness, restricted range of motion of joints, stiffness, fatigue, weakness, numbness or tingling sensations. Symptoms may have a significant effect on quality of life, work and sleep.

What causes this pain and symptoms?

The cause of pain and symptoms is 'myofascial' in many conditions, originating from abnormal muscle contractions ("tightness") or active trigger points within the muscles. Trigger points are tender and irritable areas in the body which can cause either localised pain or involve referred pain to other areas either close to or distant from the trigger point. They may be caused by many different factors such as poor posture, over-use or repetitive use of muscles, stress, poor techniques in lifting/carrying or sometimes the very nature of particular jobs/trades/sports.

What would a Myotherapist do before treatment?

After recording details of your medical history (e.g. current medications, medical conditions, past injuries / operations, occupation, allergies), we ask questions relating to the specific symptoms being presented. We ascertain a 'differential' as to what the underlying cause may be, whether anatomical, structural or functional or pathology based. Taking all this information together we rule out any reasons why we should not proceed with treatment, such as a possible fracture, to ensure that it is safe to treat. This process is known as clearing any 'red flags'.

What techniques does a Myotherapist use during treatment?

If it is safe for treatment to proceed, a treatment plan is discussed with you and consent obtained either for treating specific areas of the body or techniques that may be employed such as:

- Dry needling and cupping
- Trigger point therapy
- Deep/soft tissue massage
- Passive and/or active stretches
- Use of heat or ice

Advice may also be given for you to take home, such as stretching and strengthening exercises for muscles that are tight/weak, whether to use heat or ice and also suggestions as to postural adjustments, changes in techniques, correct footwear, pillow height, to mention just a few!

The aim is to help you play an active part in your return to normal functioning.

What are some common conditions that a Myotherapist treats?

- Chronic Overuse Syndrome
- DOMS (Delayed Onset Muscle Soreness)
- Headaches / Migraines
- Neck pain
- Wry Neck
- Rotator Cuff Strain
- Frozen shoulder
- Elbow pain such as lateral or medial epicondylitis aka “tennis elbow” and “golfer’s elbow”
- Numbness / weakness / tingling in arms, hands & fingers – possible Cervical Disc Syndrome
- Thoracic Outlet Syndrome or Carpal Tunnel Syndrome
- Back pain
- Sciatica / Piriformis Syndrome
- Sacroiliac Joint dysfunction
- ITB Friction Syndrome

- Meniscus or Patella Dysfunction
- Shin splints
- Inversion Ankle Sprain
- Plantar fasciitis
- Achilles Tendonopathy

For more information contact your local clinic or make a [Booking](#) today

Top three tips for post-season recovery

Amanda Ventura, Physiotherapist, at Elsternwick Physiotherapy Centre offers her top tips for post season recovery.

The off-season is here and it's a great time to take a break and let the body recover.

As physio's, we often see lots of injuries at the tail end of the season as tired and heavily loaded bodies limp towards finals. However we also see a lot of injuries carry through pre-season training which don't need to be ongoing.

So, how can you avoid this?

Here are three top tips for a good post-season recovery:

1. Maintain a consistent training load

Keep up your regular gym routine. Tendons like being loaded. It's what they do. Tendon problems arise when a sudden increase in load is applied which the tendon isn't accustomed to i.e. starting preseason when you've dramatically decreased

your load in the offseason. Maintain your fitness and preseason will be easier on your body. The most sport specific training is playing the sport itself, so a casual social league games with your friends is ideal.

2. Mobility, Mobility, Mobility

All those times you felt tight or stiff during the season- now is the time to work on that. Use your foam roller, stretch or try that Pilates class you were always looking at. Good muscle length will prevent muscle tears and good joint mobility will prevent sprains. Having both will assist you in achieving good biomechanics. For example – good ankle and calf mobility can reduce the risk of ACL injuries; good thoracic spine mobility can reduce shoulder and lower back injuries.

3. Get it sorted

A small niggle can turn into a big one if you don't get it seen to. If you've been nursing an injury during the season, the off season is the ideal time to get a proper diagnosis from your physio and do your rehab. Some injuries will appear to go away with rest but then return again as soon as you introduce load again. It's important that you don't carry that through to the next season. Imagine missing finals because of something you could've dealt with during preseason or before!

For more information or to book a consultation with a Physiotherapist, please contact our team at your local clinic or book online using the green button at the top of your screen.

Edithvale Primary Twilight Fair

Last Friday, Edithvale Primary School was transformed into a delightful and fun amusement park for children of all ages at their Twilight Fair. There was lots to see and do for everyone, with thrilling rides, stalls, silent auctions, show bags, raffles, delicious food and much more.

Edithvale Physiotherapy Clinic was privileged to be the major sponsors of the event. With our own stall set up, our masseurs and physiotherapists provided free treatment for anyone who came by. There were few people who passed up on the opportunity to unwind, relax and enjoy a moment of pure relaxation as they received therapeutic neck and shoulder massages! It was great to meet so many new faces and chat to all.

The Twilight Fair was a smashing success and we cannot wait to see what they have in store for next year!