

## Manual Methods and Myofascial Pain

Robin A. Hunter, DC, ICSSD, FIAMA, FICC  
OSU Sports Medicine



Improving People's Lives  
through innovations in personalized health care



Wexner  
Medical  
Center



## Manual Methods and Myofascial Pain

This will be demonstration and hands-on.

It is focusing on our personal needs.

## Manual Medicine

*"The goal of manual medicine is to restore maximal, pain-free movement of the musculoskeletal system in postural balance."*

• *Principles of Manual Medicine*, P Greenman,  
Williams & Wilkens, Baltimore, MD, 2003

## Manual Medicine

- Structural diagnosis in manual medicine is:
  - Evaluation of musculoskeletal system/ postural movements
  - Goal is identifying movement dysfunction
- Movement dysfunction defined as:
  - Impaired or altered function of the sensorimotor/ neuromuscular system
  - QUALITY of movement vs. the QUANTITY of movement
  - Joint blockage, tissue extensibility, and motor control dysfunction
    - *Functional Movement Systems*, Gray Cook, et al, On Target Publ, Santa Cruz, CA, 2010

## Myofascial Pain and Dysfunction

### The Trigger Point Manual

Volume 1- The Upper Extremities

Volume 2- The Lower Extremities

Janet Travell, MD  
Davis Simmons, MD  
Williams & Wilkens, Baltimore, MD

## Janet Travell, MD

- Pioneer in the study myofascial pain and its treatment
- Began her career as a cardiologist
- In 1936, began successfully treating MPS by injecting 1% procaine, shortly thereafter with ethyl chloride spray.
- Along with Seymour Rinzler, published the classic paper:
- *'The Myofascial Genesis of Pain'*  
Postgrad Med.1952;11:425-434.



## Manual Methods and Myofascial Pain

- Studies indicate that myofascial pain is the greatest single source of musculoskeletal pain.
- The MPS compares in severity with other painful conditions that causes the patient to seek medical assistance.
  - Clarkson et al; McCully et al; Schwane et al

## Manual Methods and Myofascial Pain

- Noninflammatory condition distinguished from other soft tissue disorders such as:
  - fibromyalgia
  - tendonitis
  - bursitis

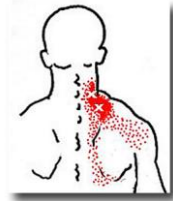
## Manual Methods and Myofascial Pain

- MPS is a disorder of muscle physiology and is usually a regional disorder.
- "Postural pain"
  - From sitting-on-the-job to the elite athlete.
  - "Doing too much of the wrong things or doing too much of the right things"

## Manual Methods and Myofascial Pain

### Four Key Features:

1. A palpable nodular or band-like hardness in the muscle.
2. A highly localized spot of extreme tenderness in the band.
3. Reproduces patient's distant complaint by digital pressure.
4. Relief of pain by massage or injection of the TrP.



## Manual Methods Workshop

1. Suboccipital region
2. Cervical spine
3. Upper trapezius/ upper back region

## Self-Care Strategies

- Stretching
- Self release techniques:
  - Ball rolling
  - Foam roller



Wexner Medical Center

*sportsmedicine.osu.edu*