

Today's News

Do you have never ending pain?

Have you been hit? Could be sports, could be a car wreck, could be a fight, could be an assault?

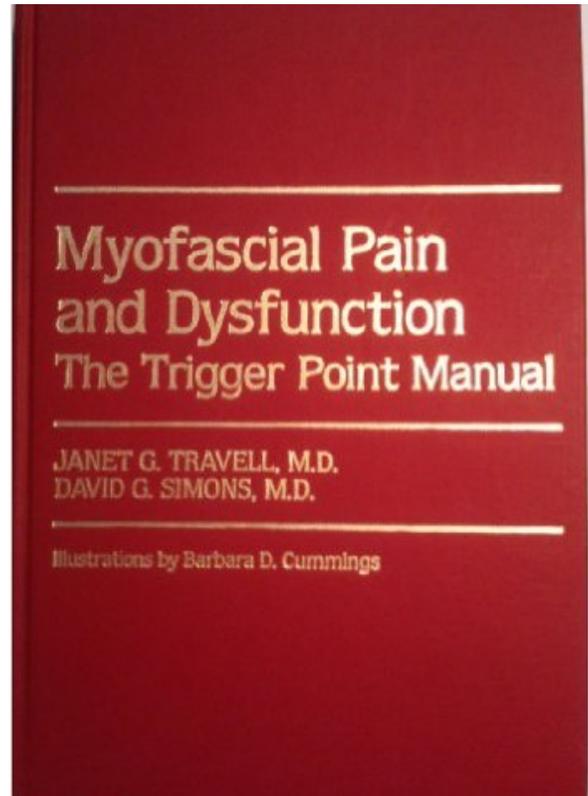
You have tried most everything without resolution?

Taking pain pills often?

Had surgery?

There are many causes for pain and sometimes the pain is myofascial and even though the myofascial pain was treated it has not completely resolved. Maybe, just maybe, there is a solution.

You might want to read this one!



The book above is the definitive text on the subject and my copy is signed by both Dr. Travell and Dr. Simons. Over 30 years ago, I had the delightful opportunity to work 12 days, one on one, with Dr. Travell and 2 days with Dr. Simons. If you google Dr. Travell, you will find she was the genius who mapped out and discovered how to treat myofascial pain and trigger points.

Are trigger points causing your pain? The exam is simple and non-invasive. Maybe it's time you found out!

Dr. Simons was an electromyographer and knew a great deal about muscle function and how to diagnose hyperactive muscle tissue. Prior to Dr. Travell's work when you went to a mainstream doctor and no objective evidence of the cause of your pain was found, you were told it was all in your head. As you can imagine, because what she proposed disagreed with excepted dogma of the time and directly challenged the psychosomatic bases of disease, she was viewed with great suspicion. Plus, she had the audacity to be an out-spoken woman, (please note the year she was born and the years she trained and do your history). This combined with the fact that she was absolutely brilliant and dead spot on made her a Maverick of the first order and of course, my kind-a lady.

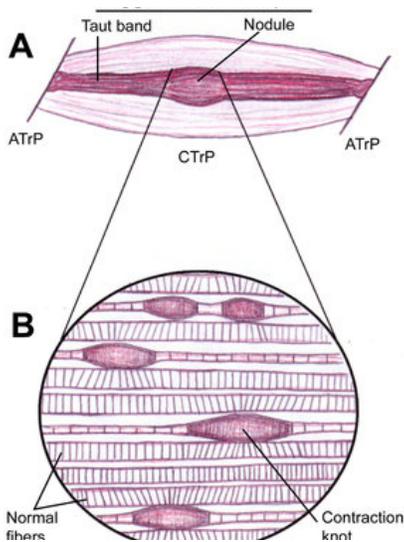
This of course made most of her physician colleges range from disagreement, to calling her a quack and a medical fraud. One of the things I've always loved about being a future focused maverick is that serendipity often brings future focused mavericks my way and the result is better care for you. So when I serendipitously came across Dr. Travell what she taught me was not mainstream and I am very happy to know that I was among the few who supported her thinking and protocols through some very difficult academic times. Years later, I moved from guilt by association to respect by association, and of the two the latter is better.

As an aside, I was wandering around the Air and Space Museum in Washington, DC and went in the ballon exhibit. I came across a display honoring the holder of the high altitude ballon ascent record and it was Dr. Simons in his younger days as an U. S. Air Force MD.

Sadly, Dr. Travell passed away several years ago but not before she lived to see her work accepted and taught world wide. For most of my career it has been my good fortune to study with many of the pioneers in medicine and dentistry.

So what is a trigger point?

A trigger point is a knot of muscle within the fibrous bands of a muscle that will not relax and refers pain to a distant area. Until it is treated it will cause referred pain, usually episodic but can be chronic, which is not diagnosed and not treated. Main stream medicine as it is practiced today is not hands on it's mostly history and tests. Trigger points are palpated hands on.



How does one get trigger points?

Well after years of observation, the three biggies are posture, diet, and trauma. How we sit, positions in which we sleep, our work posture all stress muscles and too much chronic low grade stress can lead to trigger point formation and chronically sore muscles. Diet, sadly, “you are what you eat.” I do not know how to fix this one, mainly if it tastes good don't eat it, seems to be some what appropriate. Then there's the Dr. Steve White's, MD theory, life is short eat what you enjoy and get the repair work done, and this from a life long health conscious kinda guy. Yes, that's the same Dr. White that practiced surgery in the 'Boro for years. If your body has ever been slam dunked it doesn't matter how (car wreck to fisticuffs) any kind of trauma really, and you may have a trigger point or points somewhere. If you have been in an automobile wreck, ya gott'em some where.

How do we treat trigger points?

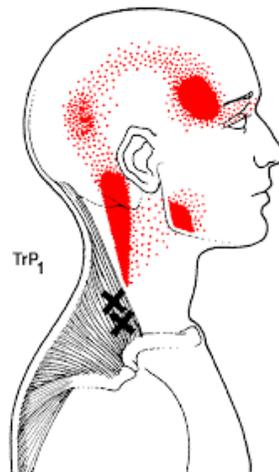
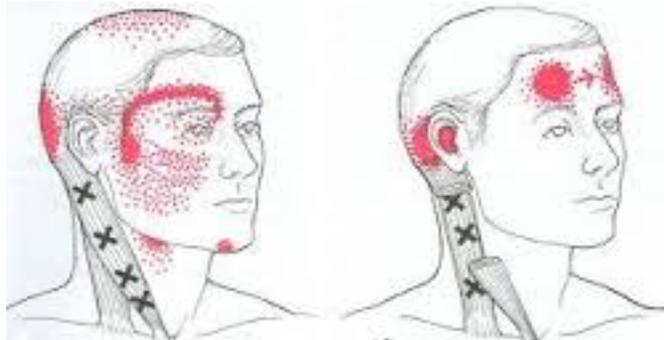
Trigger points and muscles in general, generally respond to physical medicine and injection therapy. Dr. Travell always did spray (cold stuff) and stretch followed by heat to get rid of as many trigger points as she could. She would only inject the stubborn ones that referred pain and physical medicine did not resolve. Newer injection protocols have better outcomes and everybody wants to know what's in the injections.

Well that will vary widely from doctor to doctor, Dr. Travell used Novocain and Novocain with B 12 which I also used for years.

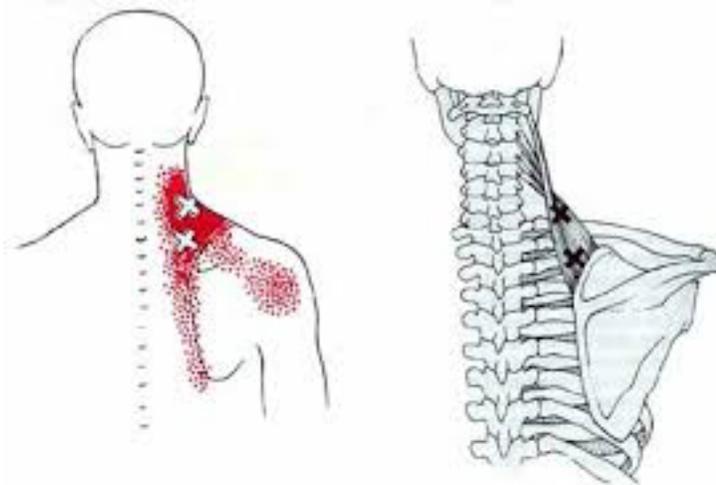
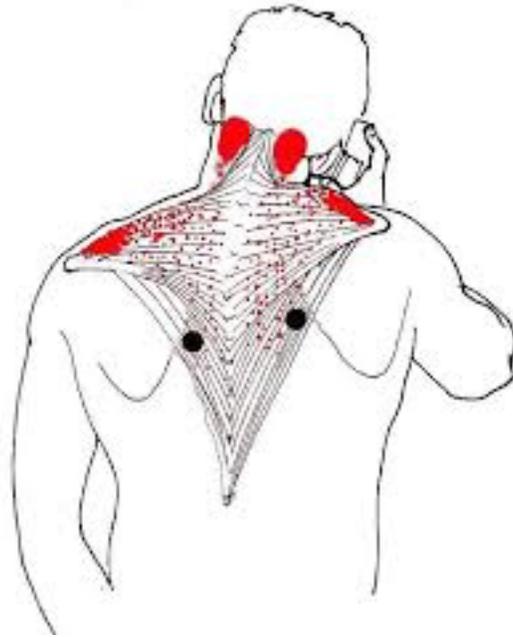
Flash forward about 25 years and I turned the corner and ran right into serendipity again, in the form of Dr. Frank Shallenberger, MD. We have now gone in the Back to the Future mode, long story. Any who, Dr. Shallenberger is the top ozone doc in this country and I camped out with him for a few days which then became more days, Yes, he is another maverick of the first order and has suffered the same treatment as Dr. Travell and the outcome will be the same. So what's he got to do with this? Well, he came up with a vitamin and mineral and Novacain injection followed by low dose ozone that is as close to magical as it gets for a lot of problems, as well as myofascial. So yes, that's what I use. More often than not, it's one and your done, sometimes two.

**So if you have chronic pain
that may be myofascial,
Let's talk!**

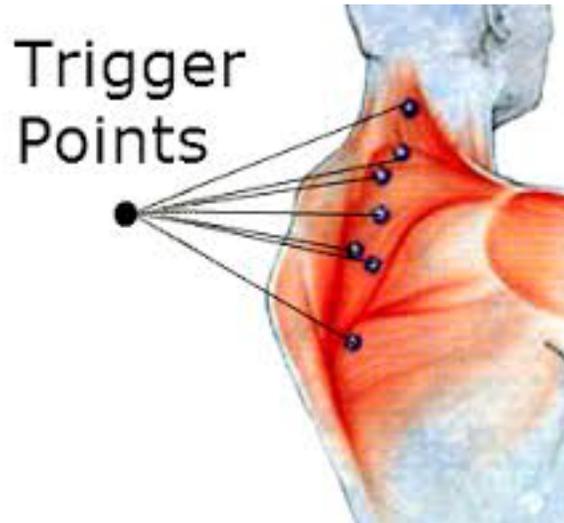
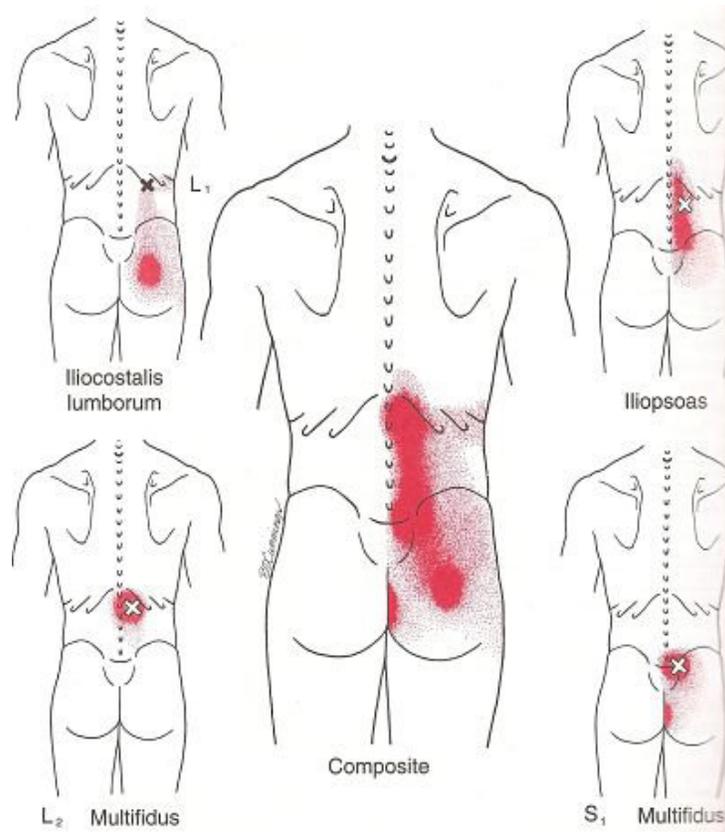
Got headaches? X marks the trigger point and red marks the referred pain zones which can be together or separate. Can be multiple X's or just one.



How about neck pain?



How about back pain?



Do trigger points cause all pain?

Absolutely not....the problem is, many practitioners just do not think about them nor do an exam for them. I learned decades ago that there can be multiple causes for pain and definitive pain treatment is a most difficult endeavor. I have seen trigger point therapy and ligament therapy stop all pain for patients with bulging disks, most received significant relief from pain while the disk's were still bulging. So cure it, a qualified maybe, make it better almost always and sometimes that's good enough. Sometimes you need a medical doctor... sometimes a Chiropractor...sometimes a physical therapist...sometimes a massage therapist...sometimes a combination...and sometimes a simple vitamin and mineral and ozone injection is the silver bullet.

Dr. Madson has two doctorates a DMD in Medical Dentistry and an NMD in Naturopathic Medicine and he is adjunctive faculty at The Dental College of Georgia in the General Practice Residency where he teaches and lectures and has done so for a decade. He is also certified in the ND YAG Laser, stem cells, biologic dentistry, and is also Board Certified in Botox and Facial Fillers. He is also Board Certified in Biologic Dentistry.