

January Newsletter



Happy New Year from all of us at the office!

¹You might think this would be a good time to have a newsletter about resolutions, creating new habits, starting exercise or many other “new” things. While I will support any decision or challenge you set up for yourself this year, I decided to do something different with this newsletter. My holidays were very busy between family visiting, 4 different locations on Christmas day, activities with the kids, traveling to visit friends and of course lots of household chores like mountains of laundry and cleaning out our storage room. When I finally had a moment to sit or lie down and take a breath, I noticed many sore muscles and trigger points creeping up and creating symptoms. If I was experiencing them, I am sure many of you with your busy holiday schedules as well, would be experiencing the same thing.

This month, I am giving you information on what trigger points are and how you can help to relieve them.

Trigger points-Something that we have all experienced at one time or another, and something that many individuals deal with on a regular or everyday basis. A trigger point is described as a spot or point in the muscle that refers a sensation (for example pain or weakness) to another area of the body. People who experience trigger points often report persistent pain that results in decreased range of motion.

Most commonly trigger points can be found in the head and neck area, which can lead to the development of other symptoms such as headache, jaw pain, ringing in the ear, and eye pain.

There are many causes of trigger points, including but not limited to the following:

- A recent or long-term injury
- Poor posture over long periods of time
- Vitamin deficiencies
- Sleep disturbances
- Work-related or recreational activities that cause repetitive stress

The good news is, there are many ways that we can help you in the office and many things that you can do on your own as well. Management such as **acupuncture** (which Dr. Frederick is certified in), **manual therapy** (such as Chiropractic), **massage therapy** (our registered massage therapist Lori Tangen would be happy to help), and non-invasive modalities such as **ultrasound, laser, or electrical stimulation** (for example a TENS machine). Steroid injections performed by medical doctors is another option in dealing with trigger points. This method allows the medical doctors to deliver medicine directly into the site of injury to decrease the inflammation that may be causing the trigger point.

¹ Alvarez DJ, Rockwell PG. Trigger points: diagnosis and management. *Am Fam Physician*. 2002;65(4):653–62

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There are also things that you can do on your own to help prevent or improve trigger points.

Exercise

Regular, gentle exercise is an important part of keeping our muscles nimble and preventing them from seizing up.



Improve posture

Did you know that how you sit and stand can have a long-term impact on your health? Be aware of where you put your stress. People commonly put stress and tension on their low back or neck.



Regulate your diet

This might surprise you, but getting a proper balance of vitamins and minerals in your diet can help prevent trigger points from happening or getting worse. It's always good practise to follow a well-balanced diet.



Get enough sleep

You've probably heard this more than once, but sleep is important for your body in many ways, including giving your body enough time to restore and repair itself after a day's worth of activities.



Stretch

Whether you're at work or playing recreational sports, always remember to stretch before and after. Try using the [Straighten Up Canada](#) app to help improve your spinal health.



Lori Tangen, RMT now has Saturday appointments available.

As Always, if you have any questions or concerns, make an appointment for treatment so we can help you out.

All the best in 2019 and may this year be all you want it to be!