

Did you know? Perpetuating Factors

Perpetuating factors are the

“Missing Pieces to Treatment Success”

Quote from Dr. Janet G. Travell: Myofascial Pain & Dysfunction: Vol. 1, Chapter 4, p.103. Dr. Travell is internationally recognized as researcher, teacher and author of Myofascial Trigger Point.

“....This is the most important single chapter in this manual; it concerns the most neglected part of the management of myofascial pain syndromes.”

How long the beneficial results of specific myofascial therapy lasts depends largely on what perpetuating factors remain unresolved.

Dr. Travell insisted that photographs of a patient be used to begin identification of what adaptations the patient was using to accommodate muscles functioning with short “muscle memory”. These include pictures of all sleep Positions (with their bed, pillows, etc.), watching television or reading (sitting, propped up, or lying down), side view in the car, eating, working on the computer and anything else they may do frequently.

Perpetuating Factors most likely to be seen with a particular pain problem are: Postural-Small hemi pelvis/leg length-Dudley Morton’s foot

Perpetuating Factor Seminar

Presenter: Carla Hedtke, T.P.T.

What are your Perpetuating Factors?

- Learn & find out what Perpetuating Factors you have and how to address them.
- You will be evaluated to find your Perpetuating Factors.
- You will be given corrections to improve or delete those factors.
- You learn and demonstrate Myofascial techniques to improve or eliminate those factors.

Tuesday, January 31, 2012

6:00 —8:30 PM

Hemophilia Outreach Center

2060 Bellevue St.

Green Bay, WI 54311

&

Wednesday, February 1, 2012

6:00—8:30 PM

Total Health & Fitness Center

229 Van Buren Street, Oconto Falls

Call Trigger Point Myotherapy for information & to make a reservation. Space size is limited.

Call: (920) 373-5002

NEW Rehabilitation Services

Trigger Point Myotherapy

Carla J. Hedtke, B.S., M.S., T.P.T., L.B.W.

HOLIDAY REMINDERS

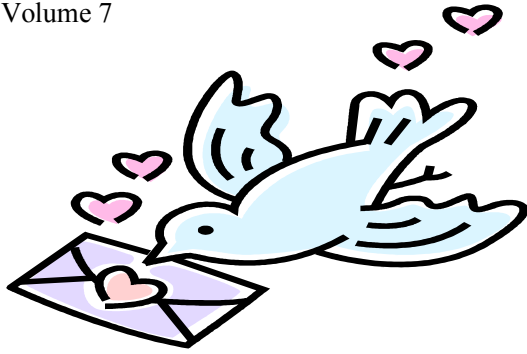
During the holiday season you need to continue your neck & back stretches. Exercise and stretches will help keep the stress under control.

Take time for yourself. YES, get a Trigger Point treatment, soak in a mineral bath, listen to the silence of a snowfall. Even if it seems there is no possible moment you can claim as your own, close your eyes, breathe deeply from your belly several times, exhaling the air loudly from your mouth. Do this whenever you need a “moment”.

Don’t skimp on exercise....but allow yourself to be excused from the routine when need be. Exercises helps melt the stress away and can provide that moment of clarity in a hectic day. It will revitalize you and help you re-focus on your holiday chores.

Don’t forget to:

Walk Backwards 50-100 Steps A Day



Referral Cards are Available

We love our Patients

Refer three (3) people to Trigger Point Myotherapy and receive a complimentary treatment. It's our way of saying "thank you" for helping us reach others in need. Ask Carla or Kris for some of our new Referral Cards.

Trigger Point Web Resources

www.tpmmyotherapy.com
www.myofascialtherapy.org
www.aapm.org

NEW Rehabilitation Services

Carla J Hedtke

Trigger Point Therapist

229 Van Buren Street
Oconto Falls, WI 54154
&

1441 Bellevue Street
Green Bay, WI 54311
(800) 840-3267
(920) 373-5002

NEW Rehabilitation Services
Trigger Point Myotherapy
5765 KZ Lane
Oconto Falls WI 54154

**HOLIDAY GIFT
CERTIFICATES
ARE A GREAT GIVING
IDEA!**

**Holiday Special
\$35.00 for one hour of
Trigger Point Myotherapy**

Trigger Point Myotherapy gift certificates are a **Loving and Unique** way of showing how much you care.

Combine your gift certificates with some of our Hot/Cold Packs, Bio Freeze, Cards, Pasta or Hot Diggity Dog Condiment sauces.

Simply call our office to order them.

