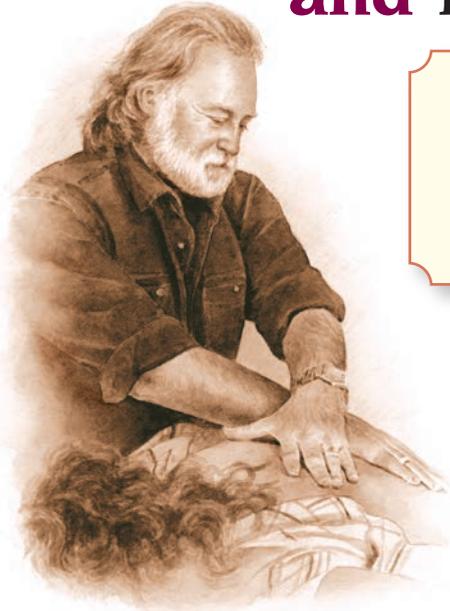


# Joint Pain, Deterioration and Inflammation

Mary Loveless,

LMT, PTA, C.Ped.



**JOHN F. BARNES** is the founder of the *J.F.B. Approach to the Myofascial Release Technique*

It is very common for clients to ask me: What can I do to AVOID surgery, steroid injections, nonsteroidal antiinflammatory drugs (NSAIDs), or Nerve blocks (TENS, injection, or implanted device)? There are some disease processes that can only be managed by the above because the joint is so deteriorated that it needs to be replaced.

## MOST CONDITIONS ARE REVERSIBLE!

Pain, deterioration and inflammation are signs/symptoms that something is going on in the area where they appear. This is our body's way of letting us know that something is out of balance, and it is trying to repair it or compensate for it.

One of the explanations I share with all my clients is that if you have a joint (two surfaces) that are compressing against each

**GREAT FALLS, MT**  
*BACK IN MOTION*  
612 1st Avenue South  
**(406) 750-2655**

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*EASTSIDE PHYSICAL THERAPY  
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**(406) 777-2679**

other and rubbing, the surface starts to break down. The friction (rubbing) accelerates the pain and inflammation process. Pain is also an indicator to slow down, take it easy, rest and let the repair happen. This is our natural healing process, but most don't have time to do this. It is much easier to have instant relief.

The inflammation process will usually last 4–6 weeks at a time. It may come and go (giving the illusion it got better) if you don't allow the body to heal initially.

When the complaints become chronic and start to multiply, this is when I get the pleasure of meeting my new clients. "The last straw that breaks the camel's back."

In the reversible cases seen, what presents is usually hip imbalance-structural, musculature or a combination. The causes may be regional to the complaints or a domino effect which has grown and expanded to other areas.

## EXAMPLES

**SI (Sacro-iliac) Pain:** Hips out of balance, one ilium may be anteriorly rotated or posterily rotated, slipped up or down, slipped forward or back and compressing the sacral iliac nerve and referring down the leg.

**Sacrum Pain:** The sacrum may be wedged out of alignment; it may be jammed, rotated and compressing the sacral iliac nerve and referring down the leg.

**Coccyx (Tailbone) Pain:** It can be tucked under or out, pulled to one side, or dislocated and feel like a knuckle bump. This too can cause pain and dysfunction in the pelvic floor.

**Lumbar/Sacral Pain:** Due to the above misalignment issues, This is a major complaint since the lumbar junction is now tilted to compensate. These clients come in with a low-back, arthritis diagnosis because of the misalignment issues that were overlooked.

This can continue to go up the spine and can also cause a spiraling effect, which is often written off as scoliosis or arthritis, and once again the misalignment below will be overlooked.

**Frozen Shoulder:** This is another common complaint and again, the misalignment below will be overlooked. It can continue even further up the chain and cause TMJ, neck pain, eye issues, headaches or migraines, ear issues, swallowing difficulty, breathing problems, sinus issues, mental fogginess, face pain, Bell's Palsy, and the list goes on...

**Pelvic Pain/Abdominal Pain:** This misalignment causes soft tissue to change. I can feel the

increase tension in tissue, or see the torsion in the tissue or feel the fibrotic deposits that feel like hard tissue. As a result of the changes of the soft tissue, it can be connected to or it can contribute to a tilted uterus, scrotum pain, enlarged prostate, urinary infections or bowel and bladder issues, erectile dysfunction, low orgasmic ability, irritable bowel, reflux, and the list goes on and on...

If a joint is out of alignment, that means that it's not sitting properly in its original space and is going to start to break down. The muscles, ligaments, and soft tissue (fascia/ground substance) that surround it and support it become misaligned as well and become inefficient. Disc herniation/ compression is common with joint misalignment as the disc squishes out the side of least resistance. The compression forces can continue to increase in the joint or muscles to compensate for the pain and loss of range of motion. The need to move and get through our work and daily lives becomes harder and harder.

Now you're fighting your own body to make it through the day... What's needed to reverse this?

1. Identify the joint misalignments.
2. Identify the restrictions holding the joint in misalignment.
3. Increase the joint space(s) manually or with a ball.
4. Reduce tension/tone (restriction) in the soft tissue manually or with a ball.
5. Use the Myofascial Release stretches recommended by John F. Barnes.
6. Hold the stretch long enough to allow change to happen.
7. Lie on the ball (area specific) long enough to allow change to happen.
8. It takes 90–120 seconds to get past the elasticity of the soft tissue with the manual, ball or stretch technique.
9. First goal: 2 minutes; second goal: 5 minutes; third goal: 10 minutes, and so on until you reach your set goals.
10. Self-treatment; do this 2 or 3 times a day.
11. Continue to get treated by your Myofascial Release Therapist until you reach all your set goals. ■

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