

## **myoActivation** - A New Method for Getting to the True Source of Pain

I am thrilled to share that I now offer myoActivation treatments. myoActivation is a new approach to assessing and treating pain conditions, restrictions in ranges of motion and balance issues. It involves the release of muscles in sustained contraction, fascia in tension, and relevant surgical and traumatic scars with the goal of resolving pain and improving the way you move.

I studied this treatment with its founder, Dr. Greg Siren, MD of the myoClinic, [www.myoclinic.ca](http://www.myoclinic.ca), a successful chronic pain clinic located in Victoria, BC. Dr. Siren and his colleagues have had over 50,000 patient encounters using myoActivation. The myoActivation methodology utilizes dynamic assessments of specific movements. These movement tests are used to determine the precise location of underlying restrictions that are contributing to pain or decreased mobility. The areas identified as contributing to pain or movement restriction are then treated with specific trigger point release and other needling techniques.

Patients with pain or a history of injuries have often tried many forms of therapy, including other types of needling, often without substantial or long-lasting relief. Many of these other therapies focus treatment at the site of pain. Often, the true origin of pain is located at a different site from where a person experiences pain. For example, back pain may be treated by releasing abdominal muscle tension or knee pain may be eliminated by releasing a childhood scar along the shin. The body is remarkable and remarkably inter-connected!

Have you had a recent injury? Do you live with chronic pain or struggle with restrictions in your range of motion? Do you have balance impairment and are interested in a unique fall-prevention strategy? If so, it would be my pleasure to schedule an assessment and to discuss how myoActivation could help you. Call us at 416-597-1604 or visit our website [www.kingwestchiro.com](http://www.kingwestchiro.com) to schedule your assessment. It is time for us to start treating the root of your pain and for you to enjoy your daily activities again!

I look forward to working with you on your healing journey.

Dr. Tara Sloan, ND