

News Channel 3
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New Type of Muscle Therapy to Relieve Pain

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We all have those days when we feel so many aches, creaks and pains in our muscles and joints, we just want to lay down. Well, you've heard of physical therapy, massage therapy and chiropractic to relieve pain.

Now, there's a brand new therapy for pain relief without drugs or surgery that has only been available in Hampton Roads for a few months.

It's called the Muscular Connection. It is located in the Fitness Center at the Founder's Inn of Indian River Road in Virginia Beach. When we visited, patient Dawn Barrone was on the table.

Barrone has been suffering from tendonitis in the elbow for months. The pain has kept her from lifting weights. "I tried medication, 12 weeks of physical therapy, cortisone shot, she said." "The cortisone shot just fixed it for a couple of days. The physical therapy worked when I was at the therapist and once I finished it, the pain would come back."

But after just two sessions of Muscle Activation Therapy, Barrone says she is pain free! "The elbow pain is gone. I can lift again, even my bags, and the mobility is just wonderful."

I thought it sounded too good to be true, after just two 45 minute sessions. What's so revolutionary about it? I decided to use myself as a demonstration because I have suffered for several years from muscle weakness and joint pain. I have tried physical therapy and chiropractic, but the pain always returns.

First, therapist Michael Uncapher tested my range of motion in my legs and hips. I could barely resist his hand when he asked me to push my leg against it. That demonstrated my muscle weakness.

The treatment consists of pressing on the muscles in the precise spot where they attach to the bone. Uncapher explained the philosophy behind that. "By making that connection from the muscle to the brain stronger, you're strengthening your entire neurological system."

Pain during the treatment is a sign of muscle imbalance. And boy, did it hurt! "Your nervous system is really hypersensitive, so that what we need to do is try to calm that down and get it working all together," explained Uncapher.

After a short session, my range of motion did improve slightly. "The connection from the muscle to the brain is like a loose battery cable. Its not as efficient as it should be, so we're trying to tighten that battery cable and make sure that connection to the muscle to the brain is there," explained Uncapher.

I left the session feeling a little better but I'll probably need several more sessions because I've had chronic pain for so long. Some people may only need one session. Keep in mind, this is not a replacement for any other types of therapies, its simply another option to relieve chronic pain. One 45 minute session costs \$65.00.