

# What Is Myotherapy?

**M**yotherapy is based on a scientifically integrated manual therapy approach for the treatment of painful muscle pathology. It can be effective for acute and chronic pain conditions.

Myotherapy was initially developed by Yoichiro Tsuji, PT, PhD, after unsatisfactory results from utilizing only joint mobilization and manipulation techniques. Dr. Tsuji and his colleagues continue to refine myotherapy techniques and research its scientific base. After many years of successful treatment outcomes, they have come to the conclusion that muscle pathology can be a primary area of symptom production and dysfunction. If left untreated, secondary joint, disc, or other degenerative changes may occur.

Many of the musculoskeletal dysfunctions that are commonly seen in a clinic, such as cervical strain, lumbar strain, lateral epicondylitis, and headaches to list a few, may be due to muscular pathology which is unresponsive to conventional treatment. Myotherapy treatment has been shown to be successful in reducing pain and improving patient response to exercise and active reconditioning. It is complementary to current orthopedic standards of practice.

**Orthopedic Rehabilitation Specialists (ORS) is dedicated to providing competent, professional, individualized care to the "whole person."**

ORS is an independently owned and operated physical therapy clinic with over 30 years of experience and uniquely qualified to provide optimal orthopedic patient care utilizing cutting edge techniques and modalities to alleviate pain, improve function and get you back to the "speed of life."



**Craig B. Nagata,**  
PT, OCS, MTC  
President & Director

ORS therapy staff is the only clinic in the State of Hawaii who actively integrate Myotherapy (JP)\* treatment with standard orthopedic physical therapy practice.

\* (JP) Myotherapy treatment founder Yoichiro Tsujii, PT, PhD, Matsusaka, Japan



**ORTHOPEDIC REHABILITATION  
SPECIALISTS**



## Myotherapy

*A soft tissue treatment procedure  
utilizing the body's  
natural inflammatory response*

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## Treatment Procedure

- Specialized manual and instrument-assisted soft tissue techniques
- Treatment in acute cases is superficial, painless and local in the symptomatic area
- Treatment in chronic cases can be very deep and extensive, may be extremely painful at times but always to the patient's tolerance levels
- Global treatment to affected muscular chains
- Duration is 15-20 minutes in acute cases and 30-45 minutes or longer in chronic cases and physical size of individual

## Physiology of Treatment

- Stimulation of type III and IV sensory nerve endings
- Release of neuropeptides locally at the effector site starts neurogenic inflammatory cascade
- Neurogenic inflammation promotes circulation and lymphatic drainage, decreasing muscle edema and promoting tissue healing
- Autonomic nervous system response causes release of endogenous opiates, such as endorphins, which provide analgesia and muscle relaxation

## Immediate Treatment Effects

- Opioid induced analgesia (less pain)
- Various degrees of disorientation, light-headedness
- Very relaxed, lethargic, fatigued
- Red skin tone/color, swelling and softening of muscles
- Improved range of motion and muscle flexibility with minimal to no pain



## Latent Post-Treatment Effects

- Delayed onset soreness/aching of muscles for 24-72 hours after treatment, usually only to touch, no pain with active movement
- In chronic or more severe muscle hardening, occasionally acute pain may temporarily return
- Sensitivity/tenderness of the skin to light touch
- Occasional visible bruising, especially with more severe muscle problems

## Treatment Goals

- Decrease muscle edema (myoedema, myospasm), decreased muscle hardening
- Decrease sensitization of pain nerve endings
- Restore muscle function without pain
- Increase muscle flexibility and pain free range of motion
- Gradual restoration of activity and exercise

## Treatment Duration

- Myotherapy treatment is completed once every 5-7 days initially
- As muscle hardening and pain decreases, duration between visits may be increased, with treatment eventually needed once every 10-14 days
- Active reconditioning program can be started gradually, with emphasis on stretching and promoting muscular endurance (important for chronic cases)
- Average number of treatments to notice change in pain and function is 3-5
- Average number of treatments at discharge is 7