



Animal Clinic of Michigan City

Veterinary Myofascial Release (VMR)

One of the effects of the vertebral subluxation is muscle spasms in the muscles along the back. If we stimulate this area we can relieve the muscle spasm, causing a return to normal posture and relief of pain and discomfort. Stimulating the muscles over the vertebrae also stimulates nerve centers that reside along the vertebrae, known as the somato-visceral pass (SV). These nerve centers innervate the internal organs such as the intestines, liver, kidneys and bladder.

Veterinary Myofascial Release (VMR) is a new technique that has grown out of the VOM Technology. The term "myofascia" refers to the muscle, "myo", and the connective tissue that surrounds and attaches the muscle, "fascia", hence, "Myofascial".

The release that is achieved with this technique is therapeutic on many levels:

- Primary reduction of subluxations
- Return muscles to normal tonus (tone) and function
- Enhance healing and recovery during VOM Therapy
- Strengthen and rehabilitate atrophied muscles
- Re-establish range of motion and posture
- Improve strength and performance

VMR was developed out of a desire to enhance the healing benefits of the VOM Treatment Technology. Specifically it was the skeletal muscle tension associated with subluxation that was being addressed. It was found that muscle spasms maintained VSC and kept subluxations from being reduced. This technique allows the muscle and tendon fixations associated with the spine and correlating subluxations to relax. In injured tissues of the body, the connective tissue undergoes a change from a gel, its normal state, to a solid, non-communicating substance. Conversion, by whatever means necessary, back to the communicative "gel" state, then affords a "re-communication" and thus is the goal of Veterinary Myofascial Release on the cellular level.

One of the goals of VOM subluxation reduction is to return the muscle to its original tone. It was found that VMR could easily accomplish this effect. At the

same time, there is no trauma to the pet. Of course by converting the solidified connective tissue back to communicative gel we achieve cellular relief of the pathological event, and healing ensues.

Muscle spasms and increased muscle tonus are major cases of the disease states treated with VOM. These muscle spasms may not release as soon as the subluxation is reduced. It may take days to weeks before these muscles can calm down and remain normal. To this is the major application of Veterinary Myofascial Release in that it immediately relieves the accompanying muscle and fascial tension afforded by the subluxation in the first place. This creates dramatically quicker results.

Previously, physical therapy was used to rehabilitate these muscles and tendons but the process was usually arduous and painful as it can sometimes be in the human. The animal does not understand why its limbs are being forced through painful ranges of motion and generally sees the whole process as unpleasant and therefore is uncooperative.

VMR contacts lines of correction in the domestic animal that releases these tensions and does it in seconds. There is absolutely no pain or discomfort to the patient. To release these areas, the practitioner has to treat the patient with several rapid-fire pulses, directed to specific sites. The Vetrostim delivers true high velocity short stroke thrusts. The rapid thrust and unique recoil produced by the Vetrostim activate the patients ¹proprioceptors and ²mechanoreceptors without recruiting the pain receptors.

These pulses have to be fast enough and with enough force that human hands and even the VOM Adjusting Device would not be effective. The pulses have to be 5lb to 60lb and less than 20 milliseconds in duration. The pulses have to be as rapid as 10-15 per second.

¹ any of the sensory nerve endings that give information concerning movements and position of the body: they occur chiefly in muscles, tendons, and the labyrinth.

² a nerve-ending sensitive to mechanical pressures or distortions, such as those responding to touch and muscle contractions..

