

How do you manage abdominal pain without cause?

Recently I have been referred quite a few clients with pain in their lower abdomen. These clients were seen by a number of specialists including a gynaecologist but no cause for the pain was uncovered.

I was asked to check if triggerpoints could be the reason for the pain this because muscles like the Rectus Abdominus, the Obliques and Psoas Major, can all refer a very persistent ache to the abdomen. These triggerpoints become worse if the affected muscles are held in a shortened position (i.e. slouched way of sitting).

Deactivation of these triggerpoints can often resolve the complaint completely. Clients are then taught how to self manage and how to prevent re-occurrence of these triggerpoints.

Physical Sense has successfully been treating these muscle dysfunctions for the last 20 years and as a consequence we are seen by many of our peers as the triggerpoint pioneers.

The internationally acclaimed "Triggerpoint Manuals" have been written by the American physicians Mrs. Janet Travell and Prof. David Simons.

Prof. David Simons writes the following about me in February 2006:

"Letje van Stolk has been the New Zealand pioneer in the trigger point field for nearly ten years. For much of that time we have been in repeated personal and e-mail contact giving me the opportunity to encourage, suggest and guide her progress- a keen learner. This included one research project that was very successfully presented to a large professional audience. She is outstandingly qualified to share her treasure chest of clinical experience and knowledge with others."
David G. Simons MD, World authority and author of over 100 papers and 4 books on the subject.

Five times I have been an invited guest speaker at the New Zealand Association of Musculoskeletal Medicine's bi-annual conferences. Topics have always been Trigger points in relation to OOS, Headaches and Facial pain etc. The subject of the entire conference in Dunedin (2004) was the

Shoulder and I spoke about Trigger points, Posture and Breathing in relation to the Shoulder. I was also asked to do a practical workshop for the Musculoskeletal Medicine doctors during that Shoulder conference which was great fun to do.

Prof. David Simons (my mentor of many years) has always been kind enough to check my presentations. Unfortunately his family have just let me know that Prof. Simons only has passed away. He will be missed by many clinicians like me, who he was so extremely supportive to

Many specialists (Musculoskeletal, Rheumatology and Pain Management) send their clients to Physical Sense. Our team of 7 part-time physiotherapists from all over the world (we have been nick named “the United Nations”) have all been selected to work for Physical Sense because of their interest in and ability to work with Myofascial Trigger points.

In short, there are physiotherapists available right here on Bealey Avenue in Christchurch, who can help patients who suffer from pain due to Myofascial Triggerpoints, including abdominal pain.

Our team takes the time needed to do a good job (30 minutes per patient) and we would be proud to also give your patients our very best.