

Receptor Tonus Technique

Receptor
Tonus
Technique

Jeffrey H. Cohen, D.C., P.C.
Chiropractic Office

Dr. Jeffrey H. Cohen
Dr. Heather Filer
Dr. Joshua A. Cohen

4627 Fifth Avenue
Pittsburgh, PA 15213
(412)681-4747

Once we have you
on the road to
good health, it
is up to you not
to get sidetracked.

Good health is
a continuing process
of maintenance
and prevention.

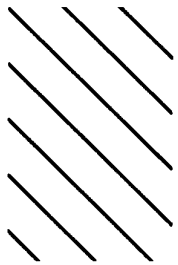
Please don't wait
until you hurt.

Staying well is
much easier than
getting well!

- What is the Receptor Tonus Technique?
- What is a Trigger Point?
- How do I get Trigger Points?
- How dangerous are Trigger Points?
- What can I do about it?
- How does your chiropractor find Trigger Points?
- How does your chiropractor treat Trigger Points?
- Will the Trigger Points come back?
- How can I prevent Trigger Points?

© 1988

Dr. James Kio 388 Glen Cove Ave. Glen Head N.Y. 11545 516-759-3175
Dr. Jay Keleman 23A West 10th St. N.Y., N.Y. 10011 212-533-5950
Dedicated to Dr. Jeffrey Cohen Pittsburgh, PA



What is the Receptor Tonus Technique?

The Receptor Tonus Technique is a system for finding and treating Trigger Points.

What is a Trigger Point?

A Trigger Point is an accumulation of metabolic waste products (such as carbon dioxide, lactic acid, hyaluronic acid, etc.), that concentrate at points in a muscle. It causes local pain, as well as pain in other parts of the body. These metabolic accumulations cause pain by irritating nerve endings in the muscle, sending an excess of pain signals to the nervous system.

How do I get Trigger Points?

In our everyday activities we sometimes damage a muscle in an accident, by overworking the muscle, or by exposing it to prolonged periods of stress and tension. When a muscle is damaged through overuse, or direct or indirect injury, the muscle produces an excess of metabolic waste products. Trigger Points form when the muscle cannot adequately flush out these toxins. Here are just some of the causes of Trigger Points:

Direct Causes

- straining the muscle
- repeatedly overworking the muscle
- cold drafts
- accidents

Indirect Causes

- reaction from other Trigger Points
- diseases from other parts of the body
- arthritis
- emotional tension and stress

How dangerous are Trigger Points?

Trigger Points are a serious problem. When you have a Trigger Point over a period of time, your body can establish "pain pathways" in your nervous system. This not only creates pain, but causes the nervous system to form additional Trigger Points, creating more problems.

The muscles effected by Trigger Points can be tight and contracted, or weakened. When the muscles involved are attached to the spine, they cause spinal distortions and joint problems. If the spine becomes misaligned, these problem joints cause further irritation to the spinal nerves called "subluxations". This can cause further problems such as sciatica, low back pain, headaches, numbness, pain and tingling in the arms and legs.

What can I do about it?

- a) Nothing, and pretend it will go away.
- b) Live with my pain, and be a pain to all those around me.
- c) Take various drugs and try to hide the pain.
- d) See a Doctor of Chiropractic specially trained in the Receptor Tonus Technique, who will eliminate the cause of the problem.

How does your Chiropractor find Trigger Points?

On your first visit, your Chiropractor will take a thorough health history. Next, your Chiropractor will perform comprehensive neurological and orthopedic tests. A spinal exam is performed to determine if there are any misalignments, or subluxations, that may be causing nerve damage.

If your Chiropractor is certified in the Receptor Tonus Technique, the doctor will then perform a specialized exam. This is done by hand, using precise variations of pressure on specific muscles to determine which have Trigger Points.

How does your Chiropractor treat Trigger Points?

When your Chiropractor is certified in the Receptor Tonus Technique, treatment involves the art of properly applied pressure, by hand, to the effected muscle. This pressure causes the following results:

- relaxing muscle spasms
- break-up and release of waste products in the muscle
- flushes out toxins
- stops the flow of pain signals to the nervous system
- restores normal muscle tone
- allows you to return to a normal pain-free lifestyle

Will the Trigger Points come back?

Over time, Trigger Points cause "pain pathways" in your nervous system. These pathways can be easily re-activated by any of the direct or indirect causes previously listed.

Often new Trigger Points begin to form without your awareness. These are called "Latent Trigger Points". If left undetected these Latent Trigger Points will become active painful debilitating problems.

How can I prevent Trigger Points?

You can prevent Trigger Points by following a preventive program as outlined by your Chiropractor. Your doctor will be able to find Latent Trigger Points and treat them before they become active problems.

Your Chiropractor may also recommend specific exercises, stretches, and other ways in which you can prevent Trigger Points from forming.

History and Development

The Receptor Tonus Technique was developed by Dr. Raymond L. Nimmo. He devoted over thirty years researching and developing this work.