

Fasciatherapy to relieve trigeminal neuralgia and hemifacial spasm

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BACKGROUND: The clinical association between trigeminal neuralgia and hemifacial spasm is the so-called “*tic douloureux*”. Several theories exist to explain the possible causes of this pain syndrome. Leading research indicates that it is an enlarged blood vessel – possibly the superior cerebellar artery (SCA) – compressing or throbbing against the microvasculature of the trigeminal nerve near its connection with the pons. Such a compression can injure the nerve's protective myelin sheath and cause erratic and hyperactive functioning of the nerve characterized by episodes of intense pain in the face.

HYPOTHESIS: Very high level of myofascial tension generated by the powerful lower limbs may influence posture to an extent where the SCA affects the trigeminal nerve.

APPROACH: Explain to the client that fascia release work is done using touch, bodily sensations and breath. While providing firm, *supportive*, holding pressure [1], I encourage the client to describe location, type and intensity of bodily sensations to raise self-awareness, inhale deeply to stretch fascia, exhale without holding back to release, and reevaluate sensations. I change holding location when patient sensations decrease significantly or disappear.

RESULTS: Female age 50, diagnosed with *tic douloureux* has daily spasms, burning sensations and excruciating pain (10/10) on face's left side. She experienced whiplash as a kid and her left eye tears 3 to 4 times weekly since 1975. After a 2 hour lower limb session, her pain level dropped from 9 to 2/10 and her spasms stopped. After a 72 hours follow-up, both pain and spasm were down to a light level (2/10) and the tearing stopped.

CONCLUSIONS: Early results suggest that this very simple fasciatherapy technique can release high levels of myofascial tensions and relieve *tic douloureux* intense pain. Client to return shortly for an upper body session and improve results.

[1] Walton-Hadlock J., Yin Tui Na: Techniques for Treating Injuries of Parkinson's Disease or Any Dissociated Injury. Fastpencil.com; 2012.