

## Bonnie Prudden Myotherapy®

Bonnie Prudden Myotherapy® (service to muscle) is a technique used to erase muscle pain and restore muscle function. No needles, drugs or machines are used.

### Trigger Points

A Trigger Point is a highly irritable spot in a muscle. Trigger points are laid down in muscles all through life. A fall, blow, knock, strain, sprain, or repetitive movement, for example, can insult the muscles.

*Bonnie Prudden Myotherapy® has helped people from conductor composer Leonard Bernstein to ballplayer Mark McGwire.*

### Spasm-Pain-Spasm Cycle

A trigger point lies quiet in a muscle until the physical and emotional climate is right, and then it “fires.” Its firing throws the muscle into spasm. This causes pain. The body’s autonomic nervous system’s answer is to send more spasm which causes more pain to the damaged area. We now have the *Spasm-Pain-Spasm Cycle*: for instance, *chronic* back pain, headaches and knee pain.

### When is Myotherapy is Effective?

Myotherapy is effective whenever the pain is muscle related. Most chronic pain is caused by muscle spasm. If you have chronic muscle pain, your medical tests are negative and your doctor has ruled out pathology or injury needing medical attention, there is a 95% chance that Bonnie Prudden Myotherapy® will work to erase your muscle pain.

*Devin Starlaryl, MD “Fibromyalgia and Chronic Myofascial Pain,” Dharma Singh Khalsa, MD “The Pain Cure” and Jesse Stoff, MD, “Chronic Fatigue: The Hidden Epidemic” all acknowledge the efficacy of Bonnie Prudden Myotherapy® in their books.*

## During a Myotherapy treatment the Spasm-Pain-Spasm Cycle is broken.

- Key posture muscles are checked for weakness and trigger points.
- Pressure is applied to trigger points for five to seven seconds. This encourages the muscle to relax and the pain to lessen.
- Passive exercise is used to stretch and retrain the newly relaxed muscle. This encourages the muscles to remain pain-free.
- Patient is taught *Self-Help Myotherapy* techniques to be used between treatments. This usually reduces the number of treatments needed. The average number of treatments is three to seven.
- A program of home exercise is initiated. These are designed to take only a few minutes at a time and when done properly and regularly are the key to long term pain relief.

### Following a Myotherapy Treatment

Patients usually record less pain, better range of motion, a feeling of looseness or lightness and improved sleep patterns.

## How Can I Learn More?

- Call (520) 529-3979 for a no-charge, no-obligation phone consultation about your muscle pain problem.
- Visit our website at [www.bonnieprudden.com](http://www.bonnieprudden.com) for information about products, workshops and treatments. Email us with your questions. [info@bonnieprudden.com](mailto:info@bonnieprudden.com).
- Read *Pain Erasure the Bonnie Prudden Way*, a self-help text for those interested in erasing muscle pain.
- Attend our 15 hour Myotherapy Weekend workshop. Self-Help Myotherapy and how to work on a partner are taught.
- Schedule an educational family/neighbor Myotherapy seminar in your own home — two to ten participants.

*“I call it a recipe book on trigger points and recommend the book [Pain Erasure the Bonnie Prudden Way] to all my patients with TMJ disorder.”*

*—Robert Uppgaard, D.S.S.  
“Taking Control of TMJ”*

## Following are some of the physical problems that respond to Bonnie Prudden Myotherapy® and

**Bonnie Prudden® Corrective Exercise.** *Although Myotherapy does not cure disease, it does relieve pain and stiffness, increase range of motion, decrease swelling, improve strength, balance and quality of life.*

### Muscle Problems

Back pain  
Headache  
Neck pain  
Shoulder pain  
Arm pain  
Elbow pain  
Wrist pain  
Hand pain  
Hip pain  
Knee pain  
Ankle pain  
Foot pain

### Conditions

Incontinence  
Carpal Tunnel  
TMJ (Jaw pain)  
Shin splints  
Menstrual Cramps  
Sciatica  
Tennis Elbow  
Fibromyalgia  
Post surgery pain  
Heel Spurs

### Occupational Injuries

Repetitive Stress Injury

### Sports Injuries

Strain  
Sprains  
Muscle pulls

### Diseases

Cerebral Palsy  
Multiple Sclerosis  
Stroke  
Parkinson’s  
Arthritis

### In Children

Turned in feet  
Turned out feet  
Scoliosis  
Growing pains  
Poor posture  
Teething  
Muscle weakness  
Spasticity  
Knock knees  
Flat feet



**Treatment**  
**By Appointment Only**  
*Free Phone Consultations*

**(520) 529-3979**  
**Tucson**

**First Treatment**

90 Minutes (*includes history*)..... \$75

**Subsequent Treatments**

60 Minutes..... \$75

*Please wear loose, comfortable clothing,  
such as t-shirts or slacks. No jeans.*

*"I believe this body work method is a useful treatment for muscle pain. I've long recommended it as an option for treating chronic back pain, and...a fellow at the U of A Program of Integrative Medicine, says he uses self-care techniques from this approach to quickly and effectively relieve aches in his neck and upper back."*  
— Dr. Andrew Weil  
SELF HEALING

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**Bonnie Prudden**

*Director, Bonnie Prudden Myotherapy, Inc.  
(Author, educator, innovator, humanitarian, activist,  
TV and radio personality, world class rock climber)*

**B**onnie Prudden has been a world-class authority on physical fitness and exercise therapy since the 1950s. Her research on the fitness of American children helped create the President's Council on Youth Fitness during the Eisenhower administration.

In 1976, recognizing that 95% of all chronic pain is muscular in origin, she developed a revolutionary technique of pain relief that has earned widespread medical endorsement. She describes this technique in her *New York Times* best-selling book *Pain Erasure the Bonnie Prudden Way*.

**Promoting Healthy Lifestyles  
Since 1955**



**Enid Whittaker**

*Associate Director*

**E**nid Whittaker has been working with Bonnie Prudden for the past 35 years. As Associate Director, Enid's seminars and lecture/demonstrations on exercise, Myotherapy, stress relief and fitness the Bonnie Prudden Way are presented for national conferences, clubs and businesses.

Enid is dedicated to developing strong, healthy, active, pain-free bodies. She has the experience and expertise to improve the physical health and well-being of people of all ages and abilities.

**IF YOU HAVE MUSCLE PAIN  
THAT WON'T GO AWAY...**

Call 520-529-3979  
Look at: www.bonnieprudden.com  
Read: *Pain Erasure the Bonnie Prudden Way*

*"It is pain that ages us, not years." — Bonnie Prudden*

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