



# Physical Therapy & Sports Medicine

by **Ellen Poveromo, PT, MTC**

*Director of Treatment*

## ARE YOU TIED IN KNOTS?

After an injury, muscles in the area may go into spasm as a natural means of immobilizing the injured area. This can be very painful. After an initial period, if the basic injury is not fixed, the spasms may form muscle knots, which then become part of the problem. The medical term for muscle knots is myofascial trigger points. The knots form because the spasm keeps the muscle continuously "on." As with most problems of this type, the best approach is a preventive one. That is, do not wait to have an injury evaluated and treated. This strategy will help minimize muscle spasm, which, in turn, can go a long way toward preventing muscle knots from becoming a serious problem.

Preventing knots isn't the only reason to seek prompt treatment for an injury. Patients who have prompt, appropriate treatment following an injury or surgery will realize a faster recovery and will be able to return to daily activities sooner and with greater satisfaction. Our certified therapists can help whether you're recovering from surgery, a car accident, a fall, or an injury you got while exercising. And remember that, as a patient, you don't have to go to the physical therapist that's associated with your hospital. You have the right to choose your own physical therapist facility. Call today to learn more.

P.S. Movement anywhere in the body may be impeded by an imbalance between opposing muscles, with one being weak and the other being tight.

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over 20 years.**

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