

# Lyme Disease and Myofascial Release

[See also our other article on Lyme Disease](#)

## **What is Lyme Disease?**

Lyme disease is named after the Connecticut town of Lyme, where it was first recognized in the United States in 1975. It is a complex multi-system infectious disease that is caused by a Spirochete (a spiral-shaped bacteria) called *Borrelia Burgdorferi*. The same tick bite can also transmit “co-infections”, including babesia, bartonella, ehrlichiosis, and mycoplasma, complicating the illness and the recovery. Humans are infected by this pathogen through the bite of an infected tick, and since there is no natural immunity to this infection, subsequent re-infections may occur. The presentation of Lyme Disease ranges from a rash and flu-like symptoms in the initial stage to persistent neurological involvement, immune dysfunction, opportunistic infections, co-infections, metabolic and hormonal imbalances, in its chronic form. Some of the debilitating medical issues inherent in Chronic or Late Lyme disease can be effectively treated by the highly qualified Physical Therapists at Wholistic PT, using a Holistic form of bodywork called Myofascial Release. This can help a sufferer feel less pain, improved movement and more energy.

## **The effects of Late Lyme Disease**

Lyme disease and co-infections can have a devastating effect on the body.. The ongoing emotional distress and physical disability that result plays a significant role in the disruption of the lifestyle of those affected. Furthermore, it is estimated that about one billion dollars a year is spent in its management. This includes direct and indirect expenses of inappropriate or unnecessary medical care, legal fees and lost productivity.

## **Symptom Presentation in Late Lyme Disease**

Once infected, the spread of the pathogen can occur under the skin or through the bloodstream and can become embedded in all parts of the body including muscles, joints, the lungs, structures of the cardiovascular system, the gastrointestinal tract and the brain. Research studies show that neurotoxins cause ongoing inflammation, cytokine and immune dysregulation, as well as persistence of the infection itself.

Symptoms can appear as (but not limited to) the following:

- Pain: Chronic arthralgia (joint pain), fibromyalgia (fibrous connective tissue and muscle pain).
- Hormonal imbalances such as hypothyroidism.
- Chronic fatigue accompanied by excessive sleeping or insomnia.
- Neurological disturbances: Headaches and migraines, Encephalitis, polyneuropathy, vestibular symptoms and otolaryngologic symptoms.
- Neuropsychiatric disturbances: memory loss, anxiety, multiple problems with cognition, including symptoms similar to Attention Deficit Disorder.

## **The role of MFR in treating Late Lyme Disease**

Every single structure in the body, right down to the cellular level, are all pressure sensitive. This includes nerves, muscles, blood vessels, bones, joints, and organs. When the fascia, which surrounds all these structures becomes restricted as a result of inflammation from infectious processes such as that seen with Lyme Disease, the result is an inappropriate fascial strain. This in turn alters tissue and organ function, and the resulting symptoms of joint and muscular pain, headaches, neuropathies, chronic fatigue and hormonal imbalances appear.

Medical treatment of Late Lyme Disease generally involves long term antibiotic therapy. With the tissues in the body held in a 'straight jacket' from these fascial strains, the body becomes limited in its ability to respond to its environment. This includes a limited ability to absorb this antibiotic regimen, along with other antimicrobial treatments, including nutritional supplements. To illustrate this point, compare the tissue texture of 'filet mignon' to 'beef jerky.' While beef jerky is tough, dried out and extremely taut to the touch, filet mignon has a supple, healthy texture and easily allows fluid exchange from the outside environment. So, the efficacy of medical or homeopathic treatment of Late Lyme Disease can be significantly enhanced by improving the absorption capabilities of the tissues of the body that are targeted. This can be achieved through myofascial release treatments at WPT.

### **What to expect at Wholistic Physical Therapy?**

The team of Physical Therapists at Wholistic Physical Therapy are highly trained in an approach that takes a whole body view and identifies these fascial strains in the body. By doing so, they are able to promote a healthier myofascial tissue texture and symmetrical alignment of the body. The body thus becomes 'open' and is enhanced in its ability to absorb antibiotics, homeopathic remedies and key nutritional supplements. Furthermore, the relief of this excessive pressure on pain sensitive structures, translates in an improvement in headaches, migraines and joint and muscle pains, a few of many symptoms our patients with Late Lyme Disease report.

Therapists at WPT work very closely with holistic practitioners that include doctors, chiropractors, nutritionists, psychologists and massage therapists. They will also empower you with self treatment strategies and an exercise regimen to return you to an active, pain free lifestyle. Call our office today to make your appointment: 845 940 1050. Or for more information please visit our website at [www.wholisticphysicaltherapy.com](http://www.wholisticphysicaltherapy.com).

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