



# *What is the Therapy to Remove Trigger Points of Tinnitus?*

We have much to learn about tinnitus, but we now know SOOO much than we did before. It now appears that the ...

Top 4 Tinnitus Troublemakers are:

1. **Maladapted Brain Circuitry - Auditory Cortex**
2. **Maladapted Brainstem Circuitry**
3. **Trigger Points in Head, Jaw, Neck, and/or Shoulder complex**
4. **Poor Sleep and Stress**

And if we had to simplify it even more , we could say tinnitus is from hearing damage resulting in brain maladaptation or stress causing trigger points. Of course, this is incomplete and oversimplified, but with this information, we can help you with what we know and build on that as we get smarter.

In this video, I share with you an approach for effective treatment of the trigger points that cause tinnitus (as well as headaches). This approach is adapted from the tested and published method presented by Dr. Teachey, in the International Tinnitus Journal in 2012, who said of muscle trigger point treatment, "The only certain way to determine whether [trigger point] treatment will be of benefit for tinnitus is to carry out a therapeutic trial." In his research, people were treated by trained professionals, but if you follow my directions carefully, you may find this quite effective. I would expect even better results if you do get the assistance of a professional, like a massage or physical therapist or chiropractor.

**These are the Top 6 Tinnitus Troublemakers - Muscle causes**

## **Jaw Muscles**

1. **Masseter**
2. **Temporalis**
3. **Pterygoid muscles (medial and lateral)**

## **Neck Extension muscles**

4. **Levator Scapula**
5. **Splenius Capitus**
6. **Upper Trapezius**

## **Neck Flexion and Rotation muscle**

7. **SCM**



## Treatment and Prevention of Trigger Points of Tinnitus (and Headche)

### What are the methods?

#### 1. **Habits to Avoid and Relieve Trigger Points of Tinnitus**

- These **Habits** involve Posture and Movement, Relaxation, Stretching, (and sometimes, oral splints). These **Habits** are critical for your recovery and to prevent your trigger points from returning immediately. These were taught and practiced by the participants of the research who successfully reduced or eliminated their tinnitus. So, PLEASE learn and practice these diligently. Your success depends upon this.

#### 2. **Therapy to Remove Trigger Points of Tinnitus**

- The **Therapy** involves using your hand to squish the toxins (built-up waste products) out of the muscle and into the blood, where they can be removed from the body.

## What are the **Habits** to Avoid and Relieve Trigger Points of Tinnitus?

1. **Posture and Movement** - What is the correct posture for sitting at your desk for 8 hours a day? Do you know? What does it look like? I will give you a hint; this is a trick question. There is no correct posture for sitting 8 hours a day! No one should be sitting all day long without getting up regularly. Former NASA health researcher, Joan Vernikos Ph.D., in her short, insightful book ***Sitting Kills, Moving Heals***, shares how the ill-effects of weightlessness, called “Gravity Deprivation Syndrome”, can be reproduced here on Earth by not moving enough. So,...
  - **Habit #1: Do not sit longer than 20 minutes without standing up.** Stand up, then squat down, touch the floor (if you can), stand up, and reach for the ceiling. Then squeeze your elbows toward each other behind your back down low, squeeze them together in front, then squeeze your elbows toward each other behind your back up high at shoulder level. Repeat 3 times and again every 20 minutes.

When you are sitting, which we all do so much these days, you need to ***sit in a way that maximizes the blood flow through your muscles.*** Remember, trigger points are a build-up of waste products that haven't been cleaned out by blood flow. Whether it is typing on a computer, reading a book/phone/tablet, or doing other work with your hands for long periods, hold your head/neck, shoulders, arms and back in a way that minimizes muscle tension. Tension is great during exercises where you contract and relax muscles, stressing them, straining them, and pushing blood in and out. When there is tension that is sustained (no relaxation), the waste products of muscle activity cannot get out, because the blood vessels are compressed. This is true even with slight muscle tension as seen in poor posture of poor ergonomics at a desk, over a phone or tablet, or while driving.

Here are the **keys to remember for Postures that you stay in longer than 5 minutes:**

- A. Center of your head directly over the center of your shoulders and the center of your hips.
- B. The line between the center of your ear and your eye should be angled slightly up (or horizontal), so that you are looking straight forward (or slightly downward)
- C. Elbows directly below your shoulders, right next to your side
- D. Elbows bent to 90 degrees or slightly straighter
- E. Don't forget **Habit #1**.
  - **Habit #2: Hold your head/neck, shoulders, arms and back in a way that minimizes muscle tension.**

Here are the **keys to remember for Movement throughout your day and week:**

- **Habit #3: Exercise regularly.** What you train your body to do regularly is what it will be come most efficient at doing. If you spend most of your day sitting, how can you expect to be able to play a sport with your friends occasionally without injury or get up and down off the floor with the grandkids. At the very least, go for a brisk walk 3-5 times per week for 30 minutes, take the stairs when you can, and do things that are a little less convenient if it allows you some extra exercise. That covers moving your legs, but for good health, your body needs some extra challenge. I recommend the book (or DVD), *The Slow Burn Fitness Revolution*.

2. **Relaxation** - Tight muscles of the head, jaw, neck, and shoulder are almost always related to stress. You can undo all the effects of good posture by skipping this step. We express non-verbal emotion with our head, jaw, neck, and shoulder. That's great, but if we have a sustained mental or emotional state, the muscles stay tight in much the same way poor posture causes muscle tension. This stress compresses blood vessels of the muscle and causes the buildup of waste products in muscles. I have included two age-old techniques that have been proven powerfully effective for relaxing the mind and body.

**Progressive Relaxation:** The short version of this is: Fully contract each muscle of your body. Be as selective as possible in contracting only individual muscles, but do the left and right at the same time. After fully contracted, breathe out and fully relax the muscle. Progress through the whole body, from toe to trunk, from fingers to head and face.

**Diaphragm Breathing:** Breathe in and out very slowly. You will take approximately 4-6 seconds to breathe in through your nose and 8-12 seconds to slowly release the air through your mouth.

- **Habit #4: FULLY relax occasionally throughout the day, even if for 60 seconds at a time, and for 15-30 minutes before sleep.**

3. **Stretching** -

**Jaw Opening On Track:**

- **Habit #5: Carefully stretch your jaw and neck occasionally (at least 2x) throughout the day.**
  - i. **Jaw stretch:**
    1. Place the tip of your tongue at the top of your mouth, directly behind your front, center teeth.
    2. Slowly open your mouth, keeping your tongue in place.
    3. Open as wide as you can without pain or popping.

ii. **Neck Contraction-Stretch:**

1. **Forward-Backward:** Start with your head tilted all the way forward. Resist movement as you tilt your head back to look straight up. It is best to NOT push at the end of these movements. Repeat as you go forward with your hands on your forehead. Repeat 2 more times.
  2. **Rotation:** With hands on the side of your head again, start by turning all the way to one side. Resist turning all the way to the other side. Repeat back to the other side. Repeat 2 more times to each side.
  3. **Side-to-Side:** Start with your head tilted all the way to one side. Resist movement to the opposite side. You may add a gentle push at the end if it doesn't hurt. Repeat back to the other side. Repeat 2 more times to each side.
4. (and sometimes, **oral splints**) - If you wake with much jaw tension, you need to be very disciplined at doing Habits #1-5. If you continue to have jaw tension, jaw pain, headache, or increased tinnitus when you wake up in the morning, you may benefit from an oral splint. You can find these online to purchase yourself, but if you want to be certain you have the right device for your mouth, a dentist can provide you with that expertise.

**That concludes the Habits. Now let's move on to the therapies.**

**Look to the next page please.**

## What is the **Therapy** to Remove Trigger Points of Tinnitus?

- 1) **Techniques that research has shown to be effective in preventing people from HURTING themselves and effectively reducing tinnitus and pain through TPT and MFR.**
- 2) **Self-treatment schedule adapted from Dr. Teachey's research on TPT for tinnitus.**

**First, Do no harm.**" - If you do this wrong, you will develop brand new trigger points or make others worse as you correct the first. To avoid creating new trigger points, follow the "**Posture Points**" I give you along the way. The major points I will be emphasizing throughout this process to prevent irritation are to keep your fingers straight and supported and to relax ALL your muscles as much as you can. That's it, **Straight, Support, and Relax.**

- A. Trigger Point Therapy (TPT)** - Moderately deep pressure applied to the muscle to remove the waste products to reduce the chemical irritation of the muscle and nerve endings inside the muscle. This then reduces the muscle tension, pain, and referred sensations, like pain, tingling, pressure, and tinnitus. Reduced tension and pain helps break the cycle of irritation in the muscle which had been causing further reactive tension, reduced blood flow, and a build-up of waste products in the muscle.
- A good guideline for most people of how hard to press is about as hard as you can and still be able to relax. It is possible to press too hard, but the pain should stop almost everyone from overdoing it.
  - You will work each muscle for **1-3 minutes. For very small muscles or muscles that have very few trigger points, 1 minute is usually enough.**
- B. Myofascial Release** - Deep pressure applied to the muscle while applying a stretch. The stretch may be from the local pressure applied externally, from the stretch of the entire muscle, or from both. The purpose is to stretch the fascia surrounding the muscle and reduce or stretch out adhesions between muscle and fascia or between separate fascial membranes. Fascia is a thin, tough layer of tissue that surrounds each muscle. If you have ever handled raw chicken (or similar) meat, it is that see-through tissue around the muscle that you can lift off the muscle.

### **How often should Trigger Point Therapy be done and When am I finished?**

**It should be performed on each muscle you found during the "Evaluation" video where you had tenderness and, especially, where you found trigger points that affect your tinnitus, headache, or other symptom.**

1. **Stage 1:** Perform TPT 1-3 minutes, **2-4 x daily** until:
  - **No trigger points** (mildly tender is okay) **are found 2 days in a row.**
2. **Stage 2:** Perform TPT 1-3 minutes, **every other day AND MFR once a week** until:
  - **No trigger points** (mildly tender is okay) **are found 2 TPT sessions in a row.**
  - **Generally, do no more than 5 MFR sessions, but the TPT may continue.**
3. **Stage 3:** Perform TPT 1-3 minutes **once a week** until:
  - **No trigger points are found** (mildly tender is okay) **in a session**
  - **Some people may never reach this point. That is okay. Continue this therapy.**
  - **You may occasionally need to go back to Stage 2 or Stage 1 for a short time.**
4. **Stage 4:** Discontinue the Trigger Point therapy:
  - **Continue with the "Habits to Avoid and Relieve Trigger Points of Tinnitus"**

Now it's time for the therapy. I have separated the muscles into a few videos since everyone has a bit different combination of muscles that need work, and you don't want to have to wade through all the muscles every time to find the one you need.

I will assume that you have watched the “**Self Trigger Point Therapy for Tinnitus EVALUATION**” video (<http://youtu.be/KLEZ2H1qeoM>) and the “Habits to Avoid..” video. If you have not watched them both and applied them thoroughly, please do not continue to the self-treatment. You will not get NEAR as much value and you may be confused.

**If you have, you are ready to watch and apply the lessons from the individual muscle therapy videos.**

**I look forward to your improvement. Have a great day.**