

Introduction

The Information Necessary to Treat Yourself

You have decided that you need to take an important aspect of your well-being into your own hands – wise move!

Years of experience with thousands of individuals – athletes, “weekend warriors,” and “couch potatoes” – has proven to me that muscle spasms are a primary cause of muscle and joint pains. I have seen people run from one doctor to another to get an answer – and still be in pain. They have gone to physical therapy, massage therapy, chiropractic, and taken medication by the truckload, and still the pain persists. Why?

The answer will become crystal clear as you read this book. Muscle spasms are the major culprit to the vast majority of joint and muscle pains.

Why You Need This Book

When you are golfing you do the same movements over and over. You grip your club, swing, twist your low back, move your hips and bend your knees. Golf will certainly stress the muscles of your body, pushing them beyond their limit! The movements cause the muscles to suffer from repetitive strain injury, causing pain which can become so severe that it may prevent you from living your life as you choose.

When joint pain develops you are told to use RICE – Rest, Ice, Compression, and Elevation. But YOU DON'T WANT TO REST! Golf is your lifeblood; it is what makes you thrive. My firm belief is that you don't need to stop, but you do need to take care of the muscles you overuse. Treating each muscle will keep you moving and pain-free!

What To Do If Your Area of Pain Is Not In This Book

This book grew from the simple beginnings of working with clients in my office, listening to them as they complained about the movements that caused them pain. There are many things that are so commonplace that nobody is surprised when they feel a sharp pain. Golfers are well aware of the ache that plagues their shoulders, lower back and hip, but they are surprised when they get a pain in their knee. Yet, knee pain frequently comes from tightness in the muscles of the low back. Rather than write a book that covers every possible combination of pain, *Pain-Free Golf* discusses muscle pain in general and specific areas that are common problems for golfers.

Since I work with endurance and professional athletes who are getting injured in their quest for personal achievement, I'm constantly being challenged to develop new treatments for a wide range of overuse injuries. I've come to realize that new techniques will continue to be designed to help athletes who need assistance.

If you find that you have something that isn't in this book, you can post it on my forum at <http://www.julstro.com>. We'll work together to find your answer, and that will be the material for the next revision of *Pain-Free Golf*.

The good news is, in the vast majority of cases, reading this book will enable you to find the spasm that is causing your problem, even if it is a long-standing problem. Once you find the cause of the pain, it's easy to do the techniques necessary to eliminate that spasm, giving you relief.

Why Should You Learn How to Treat Yourself?

A quick answer is QUALITY OF LIFE! You can live on various pain medications and still have to give up the activities you enjoy because you hurt too much to do them. Since golf involves every muscle in your body, joint pains can keep you off the course and have you watching the TV with dismay. Pain can even threaten your financial security as you slide into limited productivity or even permanent disability from a repetitive strain injury. The good news is that you can do something about it. That's pretty convincing to me, but let's look even further.

Medical costs are climbing every day, and the cost of trying to eliminate pain can be exorbitant, which leads me to an interesting observation. You are careful to do regular maintenance on your car so it will run properly. In fact, to save time and money, you might even consider trying to do some of the upkeep yourself. In the same way, self-treatment on your body will release muscle tension, give you better flexibility, and can lower medical costs. Obviously you do care about your body or you wouldn't be reading this book. I'm happy to be your "virtual therapist."

I do consultations and training in non-drug pain management but my background was a massage therapist. I definitely love massage, and I strongly suggest it to everyone. However, I tell my clients that I'd rather teach them how to self-treat the repetitive strains that cause muscles to hurt, and then have them go to their massage therapist to just relax. Learning how to self-treat the knots that cause pain and limit range of motion can ultimately save you money and certainly make your life less stressful.

How to Use This Book

This is NOT a book for your library, nor is it an exhaustive medical textbook with every cause of pain detailed in its pages. It's an easy-to-read book for every day of your life! It's a "How To" book, so you won't find all of the details as to why you are treating a different area, but you'll immediately see that the pain lessens or even goes away completely.

Print out only those pages you'll want to use for reference and put them into a binder.

Use a highlighter on areas that are important to you. Write in the white space in the margins and use this book as a workbook where you can store important information regarding your muscles.

The text in Part I explains how to read the colorful trigger point charts which are in Part III. The charts will show you where you feel the pain and numbness and where to find the knot that is the source of your discomfort. It's easy.

After you locate your area of pain and the trigger point that needs to be treated, go to that treatment and follow the text and pictures. For example, if your pain is in the front of your shoulder but the trigger point is in the upper arm, the treatment will be shown in Chapter 7, The Arms and Hands.

Each treatment is a standalone and can be done without ever reading one word of background information.

All You'll Ever Need to Know About Muscles and Joints

Chapter 1

Understanding Your Body

Our Bodies – A Symphony of Movement

Muscles comprise the largest part of your body. Indeed, they are the largest single organ of the body and make up the bulk of its weight. Altogether, humans have about 300 paired muscles, totaling approximately 600 muscles.

Each muscle or muscle group has a unique function. Some muscles work alone; others work together in unison. Due to the number of combination of muscle fibers being utilized, the possible movements are unlimited. Observe your hand and wrist and the number of ways it moves, turns, twists, and so on. Despite all this movement, each muscle has only one function: to contract or relax. As one muscle group contracts (shortens and pulls), an opposing muscle group relaxes (lengthens as tension is released), and the joint moves in the direction of the contracting muscle.

It's that simple...or is it?

An absolutely perfect symphony of movements must take place for even the smallest action. When you swing your golf club, your entire body works together to orchestrate the movement. As you shift your weight from foot to foot, muscles from your shoulders to your feet alternately contract and relax thousands upon thousands of times to prevent you from tipping over as you pick up each foot!

The muscles that move your eyes needed to contract and relax so you could look down the fairway to decide the path for your shot. The millions of fibers that control each minute movement of your spine were contracting to keep your spine erect yet stretching to allow you to turn your hips and upper body. Your neck, shoulder, chest, arms, wrists, hands, and fingers were all in motion, some contracting to raise one arm and shoulder and some stretching to allow your arm to cross over your body, then they quickly reverse roles as you followed through with your swing. Your leg muscles used exactly the right tension to keep your legs straight and then adjusted so you could bend your knees as your hip muscles began to turn your lower body, and the muscles of your calf directed your foot, enabling you to stand and then walk. And lastly, of course, the muscles of the face contracted to demonstrate your satisfaction with the results of your shot.

And what's most amazing is you didn't give it a single thought – it all “sort of” took place naturally!

The muscles of the human body are in use 24 hours a day, 7 days a week, 365 days a year. Despite this enormous amount of use, most of us spend little or no time caring for our muscles. Obviously, with such extensive and continued use, we must experience “wear and tear.” In medical terms, this is known as repetitive strain injury (RSI).

Let's face it: we are all creatures of habit, which means we tend to do the same things in the same way over and over again. The way we sit, stand, walk, drive, read a book, exercise, work at a computer – and any other movement – are all important elements to the condition of our muscles.

Whether you are a homemaker or a retiree ... a typist or a CEO ... a musician or an electrician...the stress and strain placed on your muscles each and every day is enormous!

Repetitive strain injuries, or “wear and tear,” tend to occur most often when muscles are used repeatedly. The more strength used, the more stress is placed on the muscle. However, you do not need to be moving to be using a muscle!

While quietly sitting and reading this book, although seeming relaxed, the muscles of the fingers, hands, and arms are all in use. The same goes for the neck and back muscles. It's ironic, isn't it, that you can be the victim of repetitive strain injury while quietly sitting in your easy chair, reading a book! In fact, sitting is the most common cause of low back pain because it contracts a muscle called the iliopsoas.

Important factors to muscle injury are:

- the amount of force that's exerted
- the length of time the muscle group is in use
- the time spent on relaxing and stretching.

Sometimes it's obvious. You walked the course, pulling your clubs along with you, or spent hours practicing a change in your swing, and the next day you are sore. Maybe your shoulders hurt or you had low back pain the next day, but you could look back and understand that you overused these muscles. These are simple cause-and-effect injuries. However, very often it is much less obvious – a contracted muscle in the neck or chest might cause pain and discomfort to the wrist and hand, which are the symptoms of carpal tunnel syndrome, but there isn't any pain in the neck or chest. This is known as “referred pain.”

In the 1960s, Janet Travell, M.D., and David Simons, M.D., conducted research that proved that muscle spasms caused pain to be felt in areas far from the spasm. They called the spasms “trigger points.” Muscles often cause many previously not well-understood illnesses such as fibromyalgia, tinnitis (ringing in the ears), headaches, low back pain, many arthritic conditions, joint pains, golfers elbow, sciatica, and carpal tunnel syndrome!

Moving Right Along....

If you've decided you're curious – and I hope you are – you can [BUY NOW](#) and learn how to quickly and easily release the muscles that are causing you pain

Or, you can continue on and read Chapter 2 and see how I've strived to make a very complicated topic super-simple.

Chapter 2

The Basics:

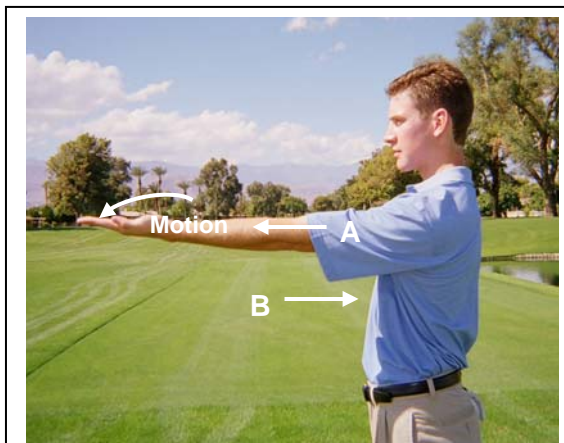
How a Joint Moves and Other Interesting Info

A muscle crossing over a joint gives that joint the ability to move. Two or more muscles move every joint in your body. Movement of a joint is a two-step process: one muscle must contract and shorten while the opposing muscle must relax and lengthen.

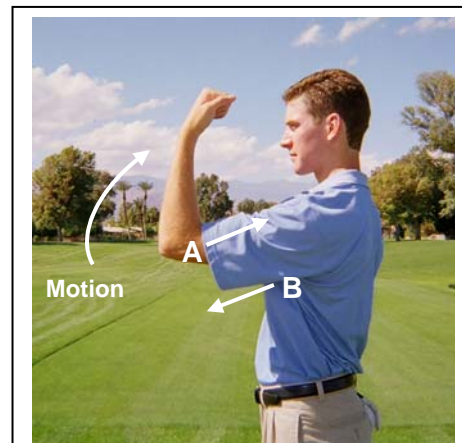
A muscle has two ends. At each end there is a covering of connective tissue called a tendon. Each tendon connects to a bone, usually crossing a joint. When a muscle contracts, one bone remains stationary and forms a fixed point. The other end pulls the bone to make the joint move. When you want to move in the opposite direction, the contracted muscle relaxes, the opposite muscle begins to contract, and the joint moves in that direction.

For example, if you are trying to turn your head to the left but the muscles on the right side of your neck and shoulder are tight, you can't turn. Many therapists tell clients that they need to "strengthen the muscles on the left," but they fail to look at the muscles on the right to see if they are stretching. I have seen thousands of clients whose pain was the result of tight muscles! If you are trying to figure it out on your own, you need to think, "Which muscle should be stretching in order to make this movement?" and press into that muscle to see if it hurts.

When a spasm (a knot of muscle fibers) occurs in the muscle, the pain is usually felt at the insertion of the muscle (the place where the muscle attaches to the bone), which is at the joint. For example, in the case of the biceps, the insertion is on the inside of your elbow on the lower portion of your arm, while the insertion of the opposing muscle, the triceps, is just below the point of your elbow, so spasms in either of these muscles will most likely cause elbow pain.



To open your arm, the biceps must stretch (A) and the triceps must



When the biceps contract (A) and the triceps stretch (B), the

In order to be able to completely bend or straighten the arm, these muscles must both be able to contract and stretch fully. If, for example, the biceps contract and the triceps do not stretch, the restricted triceps will stop the movement and you will not be able to fully bend your arm.

Let's look at the flexor and extensor muscle groups, the thick muscles that form your forearm and move your hand. The flexors are on the underside of your forearm. One end of the flexor muscles attach to the arm near the inside of your elbow and the other end inserts onto your wrist, hand, and fingers. When the flexors are relaxed, your hand is open.

The extensors are on the top of your forearm, originating at the bend of your elbow and inserting first onto the carpal bones that form your wrist, and then the tops of your fingers. As you begin to grip your golf club, the flexors contract and the extensors lengthen. As the flexors shorten, you can see or feel the muscle thicken your forearm. The shortening of the flexors cause your hand to curl so you can grip the club. In order for you to open your hand, the flexors must relax and the extensors must contract. If one or the other of these muscle groups is held contracted because of a repetitive strain, you may have difficulty either opening or closing your hand, and you will feel pain at your wrist. This is an example of "referred pain" which is explained in more detail further in this book.

The following example clearly illustrates the logical cause/effect known as referred pain: if you pull your hair at the end, the effect is pain at the scalp where it inserts. It is the same with muscles. If you contract (pull) the bulk of the muscle (known as the belly of the muscle), it will hurt where the muscle inserts into the bone. In the demonstrator above, if your bicep muscles are contracted they may hurt directly on the muscle. However, since the muscle is pulling on the insertion just below your elbow joint, your elbow may hurt – even when you aren't feeling anything in the biceps!

Knots, Spasms, Charley Horse or a Cramp

A muscle is actually a big bundle of thousands or millions of individual fibers. Inside the muscle are smaller and smaller bundles of muscles, each covered with a strong cover that is called myofascia that just holds the fibers in place. Each fiber pulls independently with more fibers being used in order to do movements that require more strength.

The "All or Nothing" Response

Each individual muscle fiber operates according to the "all or nothing" principle. This means that when the muscle fiber is stimulated, it will contract with all its force. It will not stop in the middle of the contraction. There is no middle of the road with a muscle – it is all or nothing! Under certain adverse conditions, all the fibers in a muscle might suddenly contract and remain "stuck" in the contracted position. This causes an acute pain, such as a cramp ("Charley horse"), which can be severe.

Usually, however, the results of shortened muscle fibers occur slowly and are more subtle. The resulting "knot" is actually a spasm which pulls on both ends of the muscle with more force placed on the insertion point of the muscle at the joint. For example, shortened muscles might be the cause of someone's "hunchback," chronic headache, or carpal tunnel syndrome!

Power depends on how many fibers are contracting, which is why you use the same group of muscles to pick up a feather or a heavy weight. In the normal course of events, you unconsciously control the number of fibers being used and the speed of the contraction.

The difference in the size and feel of contracted muscles can be caused by the number of fibers involved or, in some cases, whether the fiber is injured or just shortened by repetitive use. An explanation of the terms used to describe these conditions is interesting, although not required in order to do the Julstro treatments.

Spasms - Trigger Points - Knots

All three of these words mean the same thing. A spasm, or trigger point, is a knot of muscle fibers that feels like a hard bump in the muscle. It can range from small (the size of a frozen pea) to rather large (the size of your fist), but it will always feel like a knot surrounded by normal muscle fibers. As mentioned previously, knots are formed by a toxic waste product of muscle action called lactic acid. The body can't quickly flush away all the lactic acid that is produced during exercise or other repetitive movements, so the excess lactic acid triggers the muscle fibers to shorten into a knot. The knot usually forms slowly, so most people aren't aware that they even have a spasm. As the fibers shorten into the knot, people just adjust to the discomfort and don't focus on the knot of muscle fibers.

Contractions

A contraction is a shortening of the full length of one or more muscle fibers. Depending on size and location, it can feel like a thick rope within the muscle or the entire muscle can feel thick and hard. To visualize a contraction, think of taking the muscle and pushing the two ends into the center, making the muscle shorter and thicker. However each of the two ends of the muscle are still connected to a bone and the shortening causes a great deal of tension on the bone. In fact, if the muscle contracts too much, it will actually tear from the bone. This is the situation when a person has an Achilles tendon tear at the heel of the foot, shin splints, or a torn hamstring.

Do each of the Julstro techniques along the entire length of the muscle. You will find that each time you do the movements it will hurt less. This is because the lactic acid is being pushed out of the muscle. The knots and contractions are lengthening, and the tension is being released from the muscle fibers.

Cramps

A cramp is a shocking (to put it mildly) break from the norm. All of a sudden every fiber in a muscle shortens totally, with such force that you feel like you've been hit by a moving train! You either sit bolt upright in bed (if you're sleeping) or end up in a heap on the floor (if you're standing) and panic immediately sets in as your muscle screams for attention. You sure don't want to be looking for this book if you ever get a cramp. You want to immediately know how to do the treatments. Usually this happens in your calf, although it sometimes happens to your hamstrings in the back of your thigh or in your foot. Use the same principles if your cramp happens in a place other than your calf.

Even though this isn't a golf problem, I've put the treatment here as a bonus to anyone who experiences this painful condition. You can read the easy and logical treatment in the full book. Simply click on [BUY NOW](#) and you'll find out how to stop a cramp without injuring the muscles, and you'll also learn a whole lot more!

Adhesions

Adhesions feel like tight strings that aren't usually painful; in fact, you rarely know they are there. Eventually you will begin to realize that you don't have the power that you once had, but you don't know why.

An adhesion is the body's way of protecting an injured muscle fiber, and it is actually a phenomenon called splinting. If a fiber gets injured, it puts out a sticky substance that causes the fibers next to the injured fiber to stick to it, allowing the injured fiber to relax because it is being carried along with the adjoining fibers. This reduces the power of

your muscle by taking some of the fibers out of action. Instead of each fiber working independently, giving you the ability to use all the fibers required to do the task you want, the center fibers are not working at all, decreasing your strength. As you are doing the Julstro techniques taught in this book, you will be releasing the bond that is holding the fibers together, thereby freeing the muscle to work efficiently.

Tendonitis

The term “tendonitis” simply means an inflammation (“itis”) where the tendon attaches to the bone. It is a description, even though it is usually given as a diagnosis. However, the diagnosis doesn’t give the reason for the inflammation; it just says that there is an inflammation. My years of working with clients who have been diagnosed with tendonitis has shown me that the common cause of the inflammation is the muscle pulling so hard on the tendon that it is actually trying to tear the tendon from the bone.

To take an anti-inflammatory drug while the muscle is still in spasm is counterproductive. It’s like pulling your hair and taking an aspirin for the headache. You won’t get rid of the headache until you stop pulling your hair. Likewise, you won’t get rid of tendonitis until you release the tension in the muscle, thereby releasing the tension where the tendon merges into the bone. It’s so logical!

When I explain to clients that we need to stop treating the symptom – the pain in the bone – and treat the muscle that is in spasm, it makes sense to them. Everything that is taught in each of the Julstro treatment chapters focuses on treating the muscles that cause tendonitis, and the self-treatments are quite successful at making the inflammation go away.

Overshadowed Pain

When I was a child, if I complained to my mother about a pain she would say, “Come here and I’ll step on your foot. Then you won’t feel the pain.” She didn’t realize it at the time, but she was demonstrating overshadowed pain.

Fortunately, the brain focuses on the greatest pain, blocking out most other pains from our awareness. If this weren’t the case, we’d spend all of our time focusing on the aches in our body. When the greatest pain is eliminated, the next greatest pain appears. It is commonplace in my office to hear someone saying, “My hip feels fine, but now my shoulder hurts” (or some variation of that statement), and it’s all because of overshadowed pain.

Don’t be surprised if you successfully eliminate one pain and a new pain pops up. Just keep moving along and treating each pain with the techniques that are taught in this book. You have the tools necessary to rid yourself of pain as it appears. Life is busy, and we all do repetitive movements so frequently that pain is inevitable, but it doesn’t need to limit your life.

Bone Spurs

Another phenomenon attests to the wisdom of the body. As the muscle is pulling the tendon away from the bone, the body sends bone cells to secure the attachment. As these bone cells collect, you get what is called a spur or a bump of bone. This is frequently seen at the heel and at the shoulder, but it can also be in your fingers, wrist, or any other joint. To try to break down the spur without releasing the muscle tightness first is fruitless. The body’s intelligence will simply send more bone cells to secure the tendon. In fact, in Chapter 5, A Very Special Muscle Group, you’ll read about a man who was suffering from a bone spur in his neck for nine years, causing him severe head and

neck pain and the inability to turn his head fully, and another man who suffered for four years with the diagnosis of degenerating disk. Both of them were actually suffering from muscle tension pulling on the cervical vertebrae!

I have worked with many people; at workshops around the USA, in my office, and on my forum, who have suffered for years from bone spurs. It is wonderful to hear them report that releasing the tension in the muscles has eliminated the pain at the spur.

Numbness and Tingling

In general, pain is caused by a tight muscle pulling on its insertion point at the bone, while numbness and/or tingling is caused by pressure along a nerve anywhere from the beginning to the end of the fiber.

A muscle functions because a message is sent to it via a nerve. However, when a nerve is impinged, which means “pressed upon,” either by a tight muscle or pressure from a bone, the message is interfered. The incomplete signal will cause the muscle to not react as expected, similar to static you hear on your radio when the dial is off by just a bit. In most cases, when the nerve is impinged you will feel tingling or numbness, but since the muscle isn’t receiving a strong contract message, you may also feel weak. If the message is broken, such as when a nerve is severed, the muscle is unable to contract at all, and eventually atrophy breaks down the otherwise healthy muscle fibers.

Referred Pain

There is a phenomenon called the gate theory, also known as the phantom limb, that explains why a person feels pain in a limb that has been amputated. The medical term is the “gate theory,” and it explains why a person feels pain, tingling, or numbness at the end point when a nerve is impinged or damaged anywhere along its length. This entire book is actually discussing two major nerves that will cause multiple problems when pressure is applied to the fibers; the brachial plexus (a bundle of nerves in the neck) and the sciatic nerve at the base of the spine. There are many other nerves, some of which will be discussed in this book, but the brachial plexus and sciatic nerves are the source of the majority of painful problems.

A trigger point in a muscle of the neck will cause numbness in the thumb and two fingers (symptoms of carpal tunnel syndrome) and/or numbness in the outside of your elbow, ring, and pinky fingers. Pressure on the sciatic nerve will cause hip pain, tingling in the hamstrings and calf, and numbness in the feet. An impingement on any of these nerves will also cause weakness, pain, and tingling in other areas far from the source of the pressure.

The nerves in the neck are more complicated, and incorrect treatment can cause serious side effects. The neck muscles are important because they are one of the reasons people have numb fingers that are diagnosed as carpal tunnel syndrome, so they will be in their own chapter. If you have ever experienced numbness in your hand or burning between your shoulder blades, you’ll want to read Chapter 5 from beginning to end!

Sprains, Broken Bones, and Muscles

As a child, did you ever play with a Slinky®? This classic spring toy demonstrates what happens to a muscle when it is either overstretched from a sprain or totally contracts due to a broken bone.

The Effect of Sprains on Muscles

If you hold the Slinky® all the way out to its longest length and then suddenly just let go, the spring won't smoothly go back to its previous coil. Instead it's going to become a big knot in the middle. The same thing happens to your muscles when they are sprained.

When you sprain your ankle, the muscles of the lower leg are suddenly overstretched and then quickly released, causing multiple trigger points to form in each of the muscles. Since a muscle is normally held in perfect tension from the origination to the insertion, these knots will cause stress to be placed on the insertion point of the muscle at the ankle joint. As a result, you may feel pain in your ankle for years after a sprain! However, the pain will quickly go away once the knots are untied and the tension is released.

A sprain at any joint requires treatment of the spasms found in each muscle that crosses that joint. Stretching after the trigger points are treated will relieve the tension on the joint.

The Effect of Broken Bones on Muscles

Think about having an elastic band stretched from one bone to another, crossing a joint. The bone is holding the band in perfect tension. If the bone breaks, the elastic band will snap together, pulling the pieces of bone with it.

This analogy is exactly what happens to your muscles when a bone breaks and the muscle suddenly contracts totally and multiple spasms form in the muscle fibers. As the bone is set in a cast, the muscle is pulled back into place, but rarely are the tight fibers of the muscle treated to bring them back to their correct length. This results in the bone being strained by the multiple knots that have formed in the muscle during the sudden contraction. I have seen clients who have experienced pain for years after a fracture, even though the bone has healed perfectly. As soon as the muscle spasms are treated, the pressure is removed from the bone, and pain is eliminated.

~ ~ ~

So, that's it for this sample. Thousands of people all over the world have bought my first comprehensive book *The Pain-Free Triathlete* and have successfully used the treatments that are taught in this book. *Pain-Free Golf* has been specifically written to address the muscles that are commonly strained by playing golf, while *Treat Yourself to Pain-Free Living* was written to focus on the everyday cause of pain, the things we do without even thinking that will cause us to have chronic aches and pains.

There isn't any reason to live less than an active life or to be forced to stop playing golf because of pain, especially when it's so simple to eliminate it by doing some easy self-treatments. [BUY NOW](#) and you can get back to playing golf without nagging pain holding you down.

Please also feel free to visit my forum, <http://www.julstro.com> and post a message about what you're experiencing. I check the forum frequently and suggest the treatments that are the most likely to give you relief.

Wishing you well,

Julie