

## Single Study: Sinus Face Pain

**Abstract:** This 35+ yrs woman presented at my office for treatment of face pain. Using Therapeutic Massage and facial steams the source of the pain was identified in one treatment and frequency of sinusitis was significantly reduced.

**Keywords:** Trigger Points, Sternocleidomastoid muscle, facial steams, Strain Counterstrain, Lymphatics

### Examination

**History:** This client presented with pain of sinusitis (inflammation of the mucous membranes of the sinuses). This had been a problem for her for several years. Using antibiotics when infection would set in, she would use over the counter pain medication to manage the pain. She had mentioned that there were times that the gums of her teeth would swell when the pain was severe.

**Static Posture:** Head forward posture was observed. At the occipital atlas joint a left to right rotation was present.

**Range of Motion:** Range of motion of the cervical spine revealed type II dysfunctions in the lower cervical and a dysfunction at C2 (vertebrae held in relative right rotation). Range of motion of the temporomandibular joint also revealed dysfunction with crepitus.

**Observations/Palpation:** Palpation of the muscles of her face was boggy and tender. Sternocleidomastoid muscle bilaterally was hypertonic (excessive tension).

### Treatment

Treatment for this client consisted of therapeutic massage to muscles of the upper back, shoulder complex, cervical spine and face with focus on the Sternocleidomastoid muscles. These muscles when trigger points (focal tender points with taut bands of muscle) are present, refer pain throughout the face mimicking sinus pain. With the use of massage therapy techniques, trigger points were located and when stimulated, reproduced the same type and quality of pain that the client described as sinus pain. Strain Counterstrain techniques for the lymphatic and vascular system of the head and face were also used to optimize circulation to and from the head and face.

### Outcome

This client continued with treatment to further eliminate the trigger points that produced her face pain. Re-education of posture and strengthening exercises dramatically reduced her frequency of face pain. She also continued with facial steams as needed.

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