

ABOUT DR. PETER RAY**Background**

Dr. Peter Ray has been in practice since 1991. He is located in Westminster CO. As a Chiropractor and Acupuncturist, he sees mostly cases that deal with spinal trauma, muscle strains, joint pain and nerve injuries. He specializes in Trigger Point Dry Needling, a technique that uses acupuncture needles to eliminate muscle trigger points and pain in both acute and chronic conditions.

Most of his referrals come from Medical Providers in the area that have established a good understanding of how an alternative approach to medication can be of benefit to the patient. There is rarely a "one-sided" treatment approach to a condition. Effective care is achieved by combining various forms of treatment and provider cooperation.

Next Issue:

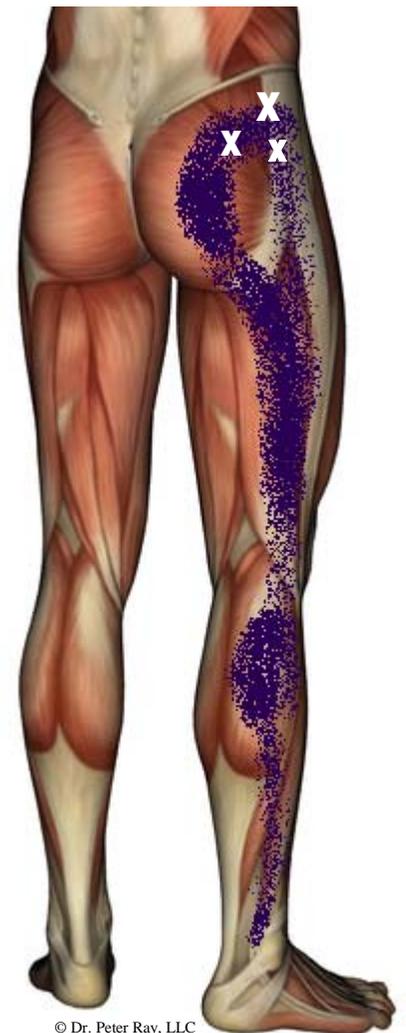
- Sacroiliac Dysfunction
- What can a patient do?

"Sciatica" caused by Gluteus Minimus**Clinical Presentation**

- Leg pain that follows a posterolateral (behind the leg) distribution that extends to the knee area and sometimes all the way to the ankle. It is frequently one sided and "mimics" sciatic pain.
- True radicular symptoms caused by nerve root compression (numbness, tingling, loss of sensation and weakness) are NOT present.
- The pain is described as being deep, dull and achy stemming from the lateral gluteal area which is very tender to palpation. It can become intolerably persistent and severe.
- It is usually associated with lower back pain and/or sacroiliac dysfunction in more chronic cases. It may cause a limp during walking. Lying on the affected side may be too painful and results in disturbed sleep.
- Pain intensifies on rising from a seated position and standing up straight. Lasting relief is difficult to find using home remedies, conventional methods and medication because they do not address the cause of the problem.

History and Causes

- Muscle go into spasms causing local pain, known as trigger points (TrPs). These can get inflamed and "activated" resulting in shooting pain in a referral pattern.
- Slow and insidious onset is primarily caused by postural changes such as in pregnancy and deconditioning from a sedentary lifestyle.



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LEGEND FOR GLUTEUS MINIMUS TRIGGER POINTS:

The white **X**'s designate the location of the trigger points (TrPs).

Purple zones define the most common referral patterns.



Pain & Rehabilitation Center

6050 W. 92nd Ave., Ste 600
Westminster, CO 80031

Phone: (303) 438-1600

We're on the web:
partnersinhealthclinic.com

Types of treatment
offered at the clinic:

Chiropractic

Acupuncture

Massage therapy

Physical therapy

What is Dry Needling?

It is a technique that restores normal nerve and muscle function after injury.

It involves the insertion of acupuncture needles into tight muscle tissue. It is similar to trigger point injection, but without injecting medication into the muscle.

This is why it is called "dry needling" and has been shown to have a similar therapeutic effect.

The treatment provides **tremendous pain relief** and your **muscles relax**.

It was largely developed by Dr. Chan Gunn, MD.

History and Causes

- Sudden onset is attributed to doing too much too fast. Such as playing tennis, hiking, golfing and running. Prolonged activities without proper warm-ups and stretching will inflame the muscles of your back and hips.
- The Gluteus Minimus is a pelvic muscle that is used in stabilizing your pelvis and to keep you upright. Because it is solicited constantly to keep your posture and it is a deep and small muscle, it is vulnerable to overuse and tension.

Differential Diagnoses, Workup

- L5-S1 radiculopathy
 - Sciatic nerve entrapment and/or nerve root compression from a disc herniation
 - Lumbar facet inflammation (L4-L5-S1 area)
 - Spinal stenosis
 - Sacroiliac syndrome
 - Trochanteric bursitis
 - Other Trigger Point referral patterns from the lower back and hip area.
- ** There are NO lab tests or diagnostic imaging studies that will help in the proper assessment of this condition. It is primarily a CLINICAL diagnosis. **

Treatment

Conservative treatment first, it makes a lot of sense

The goals are to reduce pain, muscle spasms and inflammation as well as to increase your range of motion and flexibility in your back and pelvis. This will CORRECT your problem and give you long-lasting relief.

If you are pregnant, massage therapy and gentle manipulation will get rid of your pain and help you resolve this problem. In acute conditions, dry needling (see left column) is very effective to reduce pain levels quickly. Stretches will keep the problem from resurfacing and keep you well. Yoga and Pilates can provide a huge benefit.

In addition to the treatments mentioned above, other choices are available to you if you are not pregnant, such as interferential electrical stimulation (IES). IES is a current applied to the area of pain thru conduction pads. This provides not only relief, but muscle relaxation as well. Ice is indicated during the acute phase to decrease blood flow to reduce local swelling.

Treatment duration and expectations

Most gluteal muscle trigger points respond within 4 visits. Initially, referred pain in the buttocks, thigh and leg progressively fade and your flexibility improves. Morning stiffness also begins to taper but dull achy pain persists in the muscles until they are fully stretched and strengthened - this could take weeks or longer, depending on your history, nature of your problem and overall physical condition.