**Myo-fascial Pain Perpetuating Factors – (***please circle all that apply)*

## There are many factors can contribute to your pain and ongoing muscle tightness.

## The following checklist will give us some more clarity around what some of the contributing factors may be. With the right guidance and help, addressing these will help you to get more sustained relief and address the root cause of your symptoms.

**Nutritional Stresses**

* Skipping meals
* High sugar diet
* Suboptimal vitamin or mineral levels (evidence on a recent blood test)
* Food sensitivities / allergies
* Not drinking enough water
* High caffeine diet
* Drinking soda or energy drinks
* Lack of regular quality protein (approx. 30g x 3 per day)

##### Mechanical/Other Stresses

* Joint dysfunction
* Chronic widespread muscle tension
* Not enough Cardiovascular Exercise (less than 30 mins per day)
* Not enough strength training (less than x 2 week)
* Weak/inefficient core muscles
* Scoliosis-deep lumbar curve

##### Posturing Stresses

* Lying down watching TV
* Lying down reading
* Prolonged immobility
* Sitting more than 4 hours per day in front of computer
* Driving more than 1 hour per day
* Texting with head down
* Excessive gaming
* Head Forward
* Flat feet / over-pronation

##### Endocrine & Metabolic Stresses

* Thyroid imbalance
* Hypoglycemia
* Systemic candida
* Anemia
* High cortisol
* Low Vitamin D

##### Sleep Stresses

* Too high/low pillow
* Jaw clenching or grinding
* Lack of sleep
* Disrupted sleep
* Pets/Partner/ disrupt sleep
* New parents – sleep deprivation

##### Occupational Stresses

* Too few breaks
* Too little movement
* Poor work station set-up
* Constant and excessive physical demands
* Dislike job
* Sitting without lumbar or back support
* No foot or arm rest

##### Psychological Stresses

* Feeling hopeless about getting better
* Depression
* Irritability
* Feelings of Anxiousness
* Fear
* Loss of independence
* Loss of control
* Chronic shallow breathing
* Breath Holding
* Always see negative
* Feeling overwhelmed most of the time