Twitter Thread by Laurence Badgley

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BOTOX FOR MIGRAINES: Key to success is depositing the Botox in the best tissue: mid-body & occipital insertion site of the most spastic Superior trapezius muscle; chronic spasm of which induces chronic muscle tension headaches and reflexive Migraine.

> Have you tried Botox for Migraine? Did it help? https://t.co/a29gDd65mT
>
> — Migraine Again (@MigraineAgain) December 30, 2020

Way to discern spastic unilateral Superior trapezius muscle: look in mirror, view your auto driver license photo, & to pinch leading edge of each Superior trapezius to determine which leading edge is painful to pressure & also thicker; from supporting a chronically tilted head.

Looking in the mirror enables the person to view which shoulder is lower. The head usually tilts toward the lower shoulder side; causing Superior trapezius muscle on the higher shoulder side to be spastic from chronically supporting a tilted head (weighs about 10#).

The drivers license photo often confirms which shoulder is lower and provides clue as to which direction the head usually & chronically tilts. Some people pick a posed posture & straighten up when they pose for a photo. Therefore, other and more candid photos might be examined.

Often, especially in hyper-mobile women, the spine is curved with a functional scoliosis (straightens when reclined), and this is explanation for the asymmetric shoulders and tilted head.

In hyper-mobile women with a functional scoliosis there is commonly an unstable pelvic platform (for the spine) that induces the functional scoliosis when upright. The unstable pelvic ring is result of one sacroiliac joint more loose that the opposite companion sacroiliac joint.

The cause of a unilateral loose sacroiliac joint in women with hyper-mobility is multi-causal: lifting injuries (grocery stockers & chefs) & slip & fall injuries (many nurses), multiple childbirths, motor vehicle accidents, etc.

Another cause of a loose pelvis in women with Hypermobility can be participation is certain sports that expose participants to repeated falls onto the buttocks during childhood, when the sacroiliac joint ligaments are growing.

Childhood sports that induce permanent sacroiliac joint ligament laxity: basketball, soccer, horseback riding, martial arts, skateboarding, volleyball, & etc. By high school, many of these women have chronic low back pain due to a one-sided loose & subluxing sacroiliac joint.

CONCLUSION: Migraine headaches can be understood in context of bio-mechanical disorders causal of chronic neck muscle spasm. Botox can relax chronically spastic muscles & diminish proclivity to Migraines. Gravity is enemy; Hypermobility potentiates evolution of chronic headaches.

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