BOTOX FOR MUSCULAR & POSTURAL CORRECTION

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Botox has many therapeutic effects and can help correct posture. Chronic injuries or very tight muscles can cause the body to be pulled out of normal alignment. If this can be corrected, it becomes easier to recover: the tight muscles are more relaxed and the weaker muscles can be built up more effectively with strength training. It is vital, once the botox is injected, to exercise to strengthen the weaker muscles, so that eventually the botox can be discontinued and your posture should be restored without needing it.

What is Botox?
Botox is a purified protein derived from Botulinum A, a bacterium. The purified protein blocks signals from nerves to muscles, by not allowing the necessary chemical release needed to trigger a muscle contraction. Once the muscles are in a relaxed state, they stop triggering pain. After 2 weeks the full effect is evident: muscles are relaxed and no longer pull too hard, which usually decreases pain.

How do I know if Botox is needed?
This can usually be apparent once you have been examined and after you have discussed the mechanism of your injury. If you are "out of alignment", certain parts of your body pull you forward and others compensate by moving backward. For example, if your head is pulled forward, then other muscles must attempt compensation by pulling your thorax/chest backward, and next your hips and pelvis move forward etc. There is an ideal "anatomical plumbline" that lines up parts of your body, and if these are not in line, then postural correction with botox and exercises may be the right solution for you.

How often will I need these injections?
Botox usually lasts for about 12 weeks. You will need to come in for re-injection about once every 3 months for about a year. After this time the botox can be discontinued as hopefully with exercising the weaker muscles, they will have now recovered or improved in function.

Are the injections painful?
Botox doesn't require anesthesia and is quick to inject. Botox is injected with a fine needle into specific muscles and you should only experience minor discomfort.

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Is Botox covered by MSP?

No, not for postural correction. However, it may be partially covered by many extended medical plans. There is also a procedural fee for injecting which is billed to you privately. A few extended medical plans will reimburse you for this fee too but you will need to check with your individual plan first. You will be given a receipt each time you come for an appointment. The injection fee in the clinic is $225.

What is the process to find out if Botox will work for me?

The first step is to obtain a referral from your family physician (or walk-in clinic). The initial consultation is covered by MSP; you will be assessed to determine if you have a postural imbalance that is amenable to botox treatment, if the postural imbalance is the cause of your pain, and what other therapies may be helpful for recovery. You can of course choose to have botox regardless of coverage, and you would then be responsible for paying all the fees (medication and procedure) yourself.

Are there any complications?

Complications of botox treatments are not common. Side effects of any injections include some initial "treatment stiffness" from having injections, or potential infection (very rare). An effect of botox is to make selected muscles relax, and this may at first seem a bit different to you and take some adjusting to. If you are given too high a dose it may make certain muscle actions weaker, but remember all botox wears off, and you can adjust certain actions until then.

What is the right dose for me?

This will be determined once you are examined. Sometimes you start on a lower dose and build up as needed. Botox comes in different size vials at different costs.

I already use Botox for migraine. Can I use botox for posture too?

Absolutely! Sometimes the "Botox for migraine" protocol can be adjusted to help other tight muscles. This will likely involve a higher dose.