



ACTIVE LIFESTYLES CHIROPRACTIC

& p h y s i c a l t h e r a p y

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Unnecessary Pain (Newsletter July 2008)

It is estimated that more than 30 million Americans hobble around every day as they have been diagnosed with either arthritis, tendonitis, fibromyalgia, fibrositis, myalgia or other related musculoskeletal problems. Most have been treated with medications, including shots or have been given splints, boots, braces and have underwent a course of physical therapy and/or chiropractic with no relief. Moreover, many of those who have opted for surgery were left worse wishing they had never seen a doctor altogether.

Painful elbows, shoulders, knees or back can begin with one bad stroke on the golf course or tennis court damaging tendons, ligaments, muscles joints and fascia (tough connective tissue). While most will be alleviated by several days of over-the-counter anti-inflammatories, rest and ice as recommended by most doctors, the scar tissue the body lies down while repairing itself usually predisposes you to recurrent injuries requiring surgery in the future. Even less acutely traumatic injuries like sitting at a keyboard with poor posture can cause micro trauma to backs, shoulders and wrists precipitating scar tissue deposition, pain and eventually disability. A good tennis or golf pro can minimize the injury while an ergonomic chair along with wrist /forearm support may reduce the latter.

In my practice, I don't often use x-rays, scans and MRIs as they frequently are not helpful in diagnosing the cause of the pain unless there was acute trauma involved (like a car accident) or I suspect a life-threatening disease such as cancer. I find that many things that appear abnormal on radiographs (X-rays) are unrelated to the pain. Often times what is found on radiographs are compensations related to injured muscle, tendons and ligaments. The original injury (the cause) often goes untreated and continues to cause problems such as mild chronic pain or a completely frozen and excruciating joint. If the problem is the muscle or ligaments, surgeries are often unsuccessful. Painkillers are like crutches and should never be long-term solution as they may cause unwanted side-effects including liver and kidney damage.

What is the solution? Find yourself a practitioner who does deep tissue and/or deep muscle work to release those frozen joints, break down scar tissue and rehab you in the correct fashion. You want focused, skilled and customized attention. At Active lifestyles Chiropractic, we use a technique called A.R.T. (Active Release Technique) which focuses on releasing scar tissue which is usually the source of the pain. See www.activerelease.com and you will soon realize that many sports professionals ask for A.R.T by name as results have been shown to be quick and effective. We also have a team to rehab those affected areas including a physical therapist, an acupuncturist and a massage therapist.

Best in Health,
Dr. Res.

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