



Looking for an Answer

There are so many people and not just athletes looking for pain relief. It doesn't come easy and in many cases the attempts at finding a solution can be frustrating. Some look for it in over the counter medications and lotion rubs and others look for it in "copper" infused socks and bed sheets. Let us be clear. Finding pain relief is offered everywhere, but only one solution is scientifically proven and uses the body as its own assistant. Physical therapy.

Pain is generally a symptom of dysfunction (I am not saying that twisting an ankle when stepping off the curb or getting smashed into by a 275pound linebacker doesn't cause pain). What I am saying is that pain generally is the body saying something is "not functioning/working right". The body is an amazing piece of work. It will tell you when something is wrong and most times when pain comes around you need someone focused on finding the dysfunction to solve the problem of pain.

Physical therapists are movement specialist and more specifically are specialist in body function/anatomical movement dysfunction. Now, those of you who have been reading my blogs recently have noticed the word "dysfunction" used a fair amount. I use it because pain, muscle tightness, joint immobility, muscle weakness are all factors that contribute to dysfunction. This 'dysfunction' can lead to pain and injury or lack of explosiveness and power or the inability to even get up out of a chair. Let's explore a more specific example. A person that complains of pain in the leg that comes on after sitting for long periods of time that seems to arise from the buttock area and has been progressively worse. Simply, we would address the pain, right? Wrong. This pain is coming from somewhere else and radiating pain into the leg. It may be coming from the low back area due to a nerve impingement or from the impingement of the nerve as it exits the sciatic notch in the buttock area. This may be the result of a weak core, tight hip flexors and hip immobility, tight hamstrings and tight hip external rotators that are compensating for mechanical stress points in the lumbar spine (low back) or hip or even the knee and foot/ankle.

You see? Pain can mean that there is an anatomical dysfunction somewhere else and if left untreated, you may get rid of the pain temporarily, but the problem will inevitably return because the dysfunction was never properly addressed. My suggestion is to find a physical therapist that is focused on function versus dysfunction. Find one of us who will treat the problem and not just focus on the symptom. Want to learn more? Contact us at

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