

Body Language

When our body screams "Pain!" it's obviously telling us that something is wrong. Yet we often ignore the message, suppressing it with pain killers and a good dose of denial. Think of how ridiculous it would be for your mechanic to tell you "just turn up the radio" if you told him that your car's engine was making a funny noise. Active people sometimes think of their aches and pains as merely a nuisance, instead of taking them as indicators of possible trouble.

When your body gives you a very obvious sign, like elbow pain for example, it's time to STOP and LISTEN. The pain may be the first symptom, but it's probably not the beginning of the problem. Looking back, the trouble could have started with an improper tennis stroke, which created added tension at the elbow and forearm, as well as in the neck, back, shoulder and wrist. "Fixes" like an elbow supports and Advil might alleviate pain temporarily, but the underlying mechanical damage to these areas remains, leaving you susceptible for years to come.

This whole process, from the time the first domino (bad swing) falls, may take weeks, months, or years to cause pain. In this example, the best, long term solution is a tennis lesson in combination with exercises and body work like massage, chiropractic or physical therapy. By listening to your body's messages you can take action quickly, avoiding costly rehabilitation later, and ensure that your active lifestyle will continue for years to come.

Yours in health,

Dr. Rick

Dr. Rick Schlusel is a Chiropractor and Applied Kinesiologist providing preventive health care, treatment for pain and injuries, holistic health assessments and a variety of natural therapies. He can be reached at The Healing Place at 530-889-0388 or by email at rick@mydrnick.com