

The Fifth Factor of Health: Sound Physical Structure

When our body screams "Pain!" it's important to pay attention and take care of the cause. Often, we ignore the message, quieting it with pain killers. Think of how ridiculous it would be for your mechanic to tell you to "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 indications of possible trouble.

When your body gives you a very obvious sign, like elbow pain for example, it's time to STOP. The twinge 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 swing technique, which causes shoulder and wrist dysfunction, which stresses out the elbow. "Fixes" like an elbow support and Advil might alleviate pain temporarily, but the underlying problem remains.

This whole process, from the time the first domino (bad swing) fell, may take weeks or months and in some cases, years, to create pain symptoms. In this example, a tennis lesson may be in order in addition to body work like massage, chiropractic or physical therapy. Listen to your body's messages and pay attention to your structural health so you can continue to have an active lifestyle.

Yours in health,

Dr. Rick

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