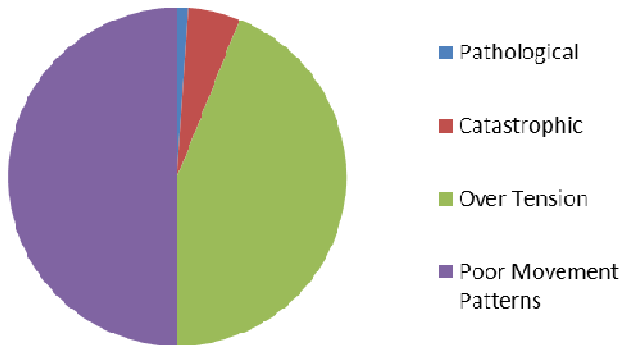




Where Does Your Pain Come From?

Causes of Pain & Dysfunction



The vast majority of the folks I see in my practice come to me because they are in pain. Something hurts, maybe it's tension headaches, maybe it's frozen shoulder, often it's for back pain. The one thing that most of these patients have in common is that their pain is avoidable and preventable.

Pain is the smoke detector in your body. Your

body is telling you "Something is wrong and it needs to be fixed now". You can't pull the battery out of the fire detector and expect the fire to go out. Same principle applies to your body. If you are in pain, if some part of your body hurts, you need to take action.

Overly simplified, pain can be grouped into 4 types of dysfunction: Pathological, Catastrophic, Over Tension and Poor Movement Patterns.

Pathological pain is cancer, Lyme's disease, Parkinson's, serious medical illnesses that you need to go see a doctor about. Massage and bodywork is

palliative care for these patients and represents just one facet in the overall medical wellness team. But only represents 1% of the people I see in my practice.

Catastrophic Injury represents the individuals who hucked themselves off a 40 footer and landed on a stump, or took a ground fall climbing or were hit by a car. These are "unavoidable" injuries that happen. In other words, no amount of stretching or conditioning would have kept you from not breaking your leg when you hit that tree skiing at 35mph. Massage is a vital component in the rehabilitation process for these individuals to normalize muscle tone, address scar tissue, deactivate trigger points and restore range of motion. Even in a community with very active "risk takers" this segment of my clientele still only represents about 5% of my patients.

The remaining 94% of the individuals I see have

pain stemming from *Over Tension* and *Poor Movement Patterns*. They don't need to see a doctor (yet). They need to mobilize their soft tissues (muscles, tendons, fascia, joint capsules) and learn how move their bodies properly.



Over Tension is seen in the individuals with short tight muscles and myofascial adhesions. They experience joint compression and range of motion limitations because their soft tissue has adapted to the habitual postures their body has assumed day in and day out. If you train your body

Inside this issue:

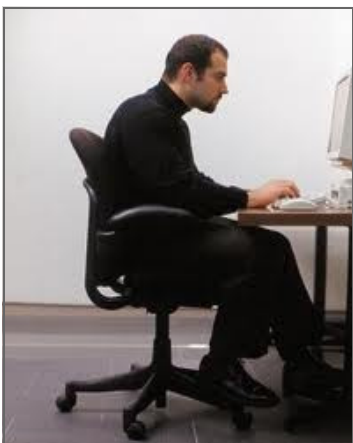
Where does your pain come from continued 2

Don't Fear The Squat. 3

HAPPY HOLIDAYS!! 4

Where Does Your Pain Come From? continued.

consistently enough your body will adapt to it. We all know that if you run every day you will become a better runner or if you lift weights a few hours a week your muscles will become stronger. Apply that same principle to sitting in a chair 8+ hours a day; the front of your hips will become shorter and tighter from constantly being flexed. This *Over Tension* across a joint or multiple joints will create, and perpetuate, *Poor Movement Patterns* as the tight tissue will not let the joint(s) move into



positions of mechanical advantage. This is a mechanical issue that is best addressed with soft tissue mobilization like, massage, stretching, yoga, and foam rolling.

Poor Movement Patterns. The medical community loves to call this type of pain "over-use injuries". It's not that you simply

moved your knee too much; it's that you moved your knee over



and over again the wrong way. Your body is brilliantly designed to function in positions of mechanical advantage. But if your movement is disorganized and you are never able to find or maintain that position of mechanical advantage your tissues will start to break down. Imagine a door with a loose hinge, every time the door is open and shut the corner rubs and sticks on the adjacent door jam. After a few hundred or thousand times the door has been opened and closed the door will have worn away a groove in the jam so that the door can swing freely. Now imagine the same thing in your knee. Every time you go up and down stairs, or in and out of a chair, your

knee collapses in. After a few thousand flights of stairs, or squats or lunges you start getting pain under your knee cap because you've worn a hole in the cartilage from it rubbing against the thigh bone (femur) every time you let your knee collapse in.

Poor Movement Patterns are "software issues". The program your body has developed to perform a specific movement is faulty. It is receiving bad information from the proprioceptors in your muscles and joints. You can get your knee scoped and the rough cartilage cleaned up which will remedy the pain for a awhile until your poor movement pattern wears a new hole in your knee cap. Work with a coach, trainer, or therapist who can identify the breaks or faults in your movement and teach you how to move better.

By understanding the root cause of your pain you can take the appropriate steps, whether it is medical intervention, massage, stretching or working with a trainer to help you move more efficiently. There are many movements that are essential to maintaining a healthy body but mastering the Squat, The Deadlift

and the Overhead Press are a good place to start. Consider this:

The following is transcript of an actual conversation between a trainer and a doctor regarding the value of teaching a grandma how to deadlift.

Doc: Many of my patients shouldn't be doing the deadlift.

Coach: Which ones are those, Doc?

Doc: Many are elderly, marginally ambulatory, and frail/feeble and osteoporotic.

Coach: Doc, would you let such a patient, let's say an old woman, walk to the store to get cat food?

Doc: Sure, if the walk weren't too far, I'd endorse it.

Coach: All right, suppose after walking home she came up to the front door and realized that her keys were in her pocket. Is she medically cleared to set the bag down, get her keys out of her pocket, unlock the door, pick the bag back up, and go in?

Doc: Of course, that's essential activity.

Coach: As I see it the only difference between us is that I want to show her how to do this "essential activity" safely and soundly and you don't.

Doc: I see where you are going. Good point.

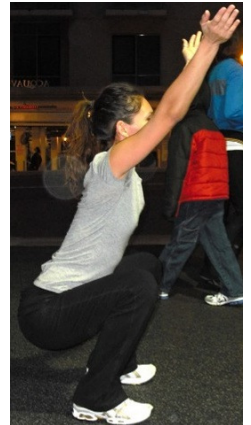
Coach: Doc, we haven't scratched the surface.

**Crossfit Training Guide Manual pg54.*

Don't Fear The Squat.



Squatting is a perfectly natural movement. If anybody tells you not to squat because it's bad for your knees has no idea what they're talking about. Anybody who tells you squatting below parallel is bad for your knees has no idea what they're talking about. Squatting **properly** has been proven to reinforce the lower body muscles alleviating a plethora of knee issues. Squatting is a functional movement that everyone regardless of age, fitness or level of athleticism should master. Little kids are natural squatters but as adults we loose this skill as we become dependent on sitting in chairs and not using our body as it is designed to be used.



Here are some valuable cues to a sound squat.

1. Start with feet about shoulder width apart and slightly toed out.
2. Keep your head up looking slightly above parallel.
3. Don't look down at all; ground is in the peripheral vision only.
4. Accentuate the normal arch of the lumbar curve and then pull the excess arch out with the abs.
5. Keep the midsection very tight.
6. Send your butt back and down.
7. Your knees track over the line of your foot.
8. Don't let knees roll inside the foot.
9. Keep as much pressure on the heels as possible.
10. Stay off the balls of the feet.
11. Delay the knees forward travel as much as possible.
12. Lift your arms out and up as you descend.
13. Keep your torso elongated.
14. Send hands as far away from your butt as possible.
15. In profile, the ear does not move forward during the squat, it travels straight down.
16. Don't let the squat just sink, but rather pull yourself down with your hip flexors.
17. Don't let the lumbar (low back) curve surrender as you settle in to the bottom.
18. Stop when the fold of the hip is below the knee break parallel with the thigh.
19. Squeeze glutes and hamstrings and rise without any leaning forward or shifting of balance.
20. Return on the exact same path as you descended.
21. Use every bit of musculature you can; there is no part of the body uninvolved.
22. On rising, without moving the feet, exert pressure to the outside of your feet as though you were trying to separate the ground beneath you.
23. At the top of the squat stand as tall as you possibly can.



Peak Bodywork

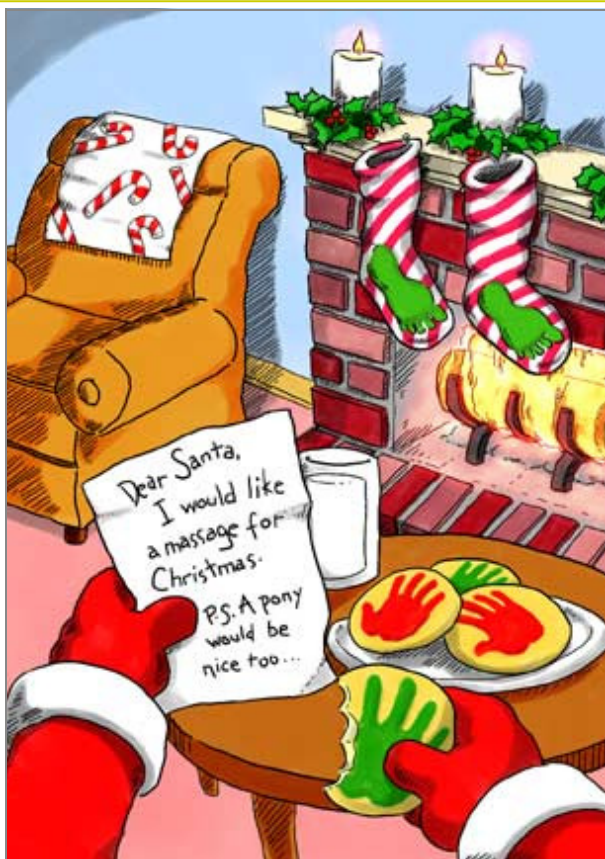
Office Location: 420 S. Jackson St, Jackson, WY
Mail: P.O. Box 214, Jackson, WY 83001
Email: Jen@PeakBodywork.com
Web: www.PeakBodywork.com
Phone: 307.690.8228



Let it Snow, Let it Snow, Let Snow.



Wishing you Happy Holidays with those you love!



Give the Gift of Health this Holiday with Massage & Personal Training Gift Certificates

60 minute massage \$80
90 minute massage \$110
Personal Training \$70

Bodywork Packages :

4- 60 minute massages \$290
4- 90 minute massages \$400
6- 60 minute massages \$410
6- 90 minute massages \$570



Printed on 100% Post-Consumer Recycled Paper

