

ACUTE PAIN

OUCH! "All I did was pick up a piece of paper off the floor".

I'd like to have a dollar for every time I've heard a statement like that! Acute pain, (pain that is less than six months old), is one I seldom see. What? That's right. Most of my clients wait until they have tried other ways to alleviate acute pain. When their pain becomes chronic, older than six months, I then get a chance to help them. And get this: that acute pain from picking up the piece of paper off the floor was probably caused by other previously damaged and/or dysfunctional muscles.

Our work, posture (awake and sleeping), physical activities, mental stressors, environmental (what we eat, drink, breath, touch...), can all predispose us to acute pain from simple acts like picking up a piece of paper.

If they had come to me as soon as the first sign of pain, their pain could have been relieved in a far shorter time period. When the damaged muscle(s) causing the acute pain are not treated, other muscles try to help/they compensate.  Eventually they can become over worked trying to do their normal job and by compensating for the damaged muscle(s). They become stressed and tighten; they become dysfunctional (less than 100% functional). Picking up the paper off the floor was just the "straw that broke the camel's back", so to speak.

Accidents, like whiplash, can cause acute pain which, if not corrected, may seem to disappear and may show up later as chronic pain. And, for very same reasons discussed above.

First aid for acute pain: Ice right away for 10 to 15 minutes and get in to see me ASAP. Or you can follow the RICE (Rest, Ice, Compression, Elevation) today's medical community promotes. Then sit back endure your acute pain for unneeded weeks and THEN come see me! Your choice.

SLM Bodywork is your best bet in getting relief from acute pain. Severely torn hamstrings and badly sprained ankles can recover in 2-3 weeks instead of usuall 6 - 9 weeks. Excruciating acute back pain can be dealt with in 2-3 appointments. The secret here is to get in to see me ASAP when you have acute pain.

Even if there is structural damage like a torn knee ligament which requires surgery, SLM can decrease the healing and recovery time by maximizing blood flow to the repaired area through its unique combination of acupressure, soft tissue manipulation and massage techniques.