



ASK THE PHYSICAL THERAPIST

NEWSLETTER DECEMBER 2017

I'm no longer in pain, should I still come

This is a very common question I get asked. Either by the time you decide to come you no longer have pain or after 3 sessions you no longer have pain.

The answer is definitely YES! Pain is just your body's cue to you that something is not right. If you don't change what is not right, you can do serious damage.

Pain usually will go away on its own. The problem is that it will return, unless you have figured out what you did to create it and how to change that movement. When pain returns, it lasts longer, can be more intense, and create more issues with changes in movement patterns to compensate for the pain.

The longer you take to do something about the pain, the longer it takes to recover from it. At this point, your body has adjusted to the injured area creating all sorts of abnormal movements or alignment. This in turn starts to affect other areas of the body, stressing those.

So your little pain that you initially had now has blossomed into a much larger issue compromising your quality of life.

The pain may go away, but you haven't corrected the reason or the root cause of why you initially had the pain. By correcting the root cause of the problem, you can assure that the pain will never return.

Now you have to address strength of the area and changing patterns in how you move that created the problem to begin with.

The issue is you have no idea how your movement and alignment is causing the problem, and if you do have an idea, how to change it. Having an expert movement specialist observe your posture and watch your walking and moving allows them to explain what they see and give you direction on what and how to change it.

This will trace back to the root cause of the injury.

Think about an infant learning to sit unsupported. If you ever observed them, they have impeccable posture and alignment. A toddler picks up a ball from the floor correctly. What happens as we get older in

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**We change people's lives by
giving them the confidence to
achieve their goals of an
active, mobile lifestyle
without the use of pain
medications or surgery.**

changing those patterns? The patterns we reteach ourselves become our new "normal", but they are detrimental to our bodies.

Until you understand your alignment and the movements that are creating the injury, you will continue to reinjure yourself. This is why when you and I work together, we look at the body as a whole, not just the affected area.

Back to the question, should I still come in even though I no longer have pain?

YES if you want to take back your life so you can remain mobile and healthy and fully participate in all the activities that bring joy to your life.

I would love to hear from you so we can discuss your particular issues you are having and, if we are a good fit for each other, how we can work together to achieve your goals.

MAY YOU HAVE A HEALTHY AND MOBILE UPCOMING YEAR!

**STILL NEED HELP? CALL TO DISCUSS YOUR ISSUES OR BOOK AN APPOINTMENT IF YOU
ARE READY: 301-493-9257**

UPCOMING EVENTS:

If you are still unsure if Physical Therapy is right for you, we offer a 100% **free 20 minute Discovery Call** to answer all your questions and to see if you are the right fit for our clinic. **Call us at 301-493-9257.** We will get back to you the same day as soon as we are finished with our other patients.

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**Pilates/Exercise class: 5 class series for \$105 Jan. 17th – Feb. 14th Wednesdays 12-1 at
10410 Kensington Parkway, Suite 111, Kensington, MD 20895**