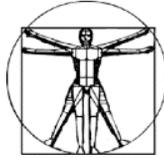


ASK THE PHYSICAL THERAPIST

NEWSLETTER MARCH 2018



Why are you working on that side?

I am often asked why are you treating this side of my body when the pain is on the other side? Remember we are 3 dimensional, cartoons are 2 dimensional, therefore we move in 3 different planes of motion – front to back, side to side, and rotating.

I recently treated someone who was in excruciating pain on the left side of her body at the ribs. She very obviously had a deformity on the right rib level. When I began my hands on work with her, all the pain points I actually found were on the right. Her left side was reacting to the malalignment of the right.

This imbalance is what I treat. If the skeletal system is out of whack, that will also create an imbalance in how the muscles are used, as they are attached to the bones by way of tendons.

So you can have a malalignment due to bones or muscles. With bones, as in this case, the muscles on the left were being severely shortened creating spasms and the ones on the right were being lengthened and not giving support.

You can also have imbalances due to repetitively strengthening the same muscles and not working on the antagonist muscles. This can create a malalignment in the bones due to the pull from the muscles that are stronger. An easy example, is a body builder who continues to work on the biceps and not the triceps (arm muscles). You may have seen some who have a bent elbow. This is because the biceps in the front of the arm are overpowering the triceps in the back of the arm causing the arm to bend. As a muscle gets stronger, it shortens. Now the triceps in the back of the arm are longer and weaker.

I am happy to say that a few days later I got a text from this person that she was finally able to get back to yoga and she was painfree!

You too can 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 goals, 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. Just hit "reply" to this email.

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UE

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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.**

Did you know that Maryland has Direct Access for physical therapy? That means you can see a Physical Therapist without seeing your physician first and getting a prescription. We can evaluate and treat you without a referral. Through the extensive evaluation, if I feel that other issues may be involved that may require you to see your physician, I will refer you back or recommend someone who is appropriate for you.

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

UPCOMING EVENTS:

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**Pilates/Exercise class: 5 class series for \$105 April 4th-May 2nd Wednesdays 12-1 at
10410 Kensington Parkway, Suite 115, Kensington, MD 20895**

If we do not have your email address, please send it to cynthiaweiss@verizon.net. This will keep you updated on events and ensure that you receive the quarterly newsletters.

If you are still unsure of Physical Therapy, 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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