



The Newsletter About Health and Caring For Your Body



Why is PAIN not my PROBLEM??

None of us like pain and we all complain about it. We spend hundreds, even thousands of dollars trying to rid our bodies of it. We go into the doctors office and when they ask us what the problem is, we state by saying that we have pain. Lets dissect this further. Pain may be *problematic*, but it is not our problem. The pain is simply the SYMPTOM of an underlying problem, but it is not the problem itself. The body uses pain to signal us that something within our systems/structure is wrong. So when we have

PAIN ACTUALLY PLAYS A VERY IMPORTANT ROLE...IT IS A PROTECTIVE MECHANISM!

pain, we need to begin asking, "What is causing my pain". By doing this, we will begin to look at pain differently. If we find out the "why" and handle that, then we are in a better position to control our bodies. Not only enabling us to handle the pain, but now we are best positioned to keep it from reoccurring.

WHAT SHOULD I BE LOOKING FOR?

I don't know if you noticed, but when you visit a doctor or a physical therapist, they are not interested in what feels good. They are only interested in what hurts. They then go one step further and they push on it making it hurt worse. WHY? The purpose of this is... they are trying to determine what pieces and parts of your body are involved. If it hurts, it is relevant making it easier to establish a treatment plan. So when you are having pain, there are helpful things to look for: 1) what causes your pain 2) what makes it worse (positions, activities, duration of activity, time of day, etc. 3) what makes it feel better (yes...it is important too). With this basic information, it will give healthcare providers a keener insight into your anatomy.

PAIN MEDICATIONS

Pain medications, anti-inflammatories, etc. are important and help keep us comfortable. These aide in helping us feel better, but they do not fix the problem.! Make sure that while you are taking medications you continue to look for the problem. If you fix your problems, you will have less of them and you won't have to continually rely on medication to be comfortable. A physical therapist can help in fixing the problem that is causing your pain, getting you back into a pain free lifestyle.

**IF YOU HAVE ANY QUESTIONS ABOUT A PAIN YOUR'RE HAVING,
Please contact one of our 5 Area Clinics**

* Boise *
208-375-0666

* Emmett *
208-365-5341

* Middleton *
208-585-6566

* Mountain Home
208-587-1777

* Hailey *
208-788-6312