

Back Pain And Basic Human Mechanics

WHAT IS PAIN?

In my opinion, your pain is not the real problem. It is your body's warning system to alert your brain that you have a problem.

If you break your leg and do not feel pain, you might just keep using your leg and further damage it. Pain informs you if you have a stomach ulcer, a tumor, or a tooth cavity, or if you are in the midst of having a heart attack. In all of these cases no one suggests that you try to just make the pain go away and let the real underlying problem persist. To me it does not make sense to simply eliminate or mask the pain from the back either. It is important to listen to what the pain is trying to tell you and to learn what you can about your underlying problems. Pain can be a wise teacher that, if listened to, can help you immensely.

In this System Limitations Approach, pain serves as a source of information. It works as an Alarm, a Guard, a Mentor for Positions, a Guide during Treatment, and a Consultant about your Progress. It is essential that you to grasp the idea that pain has different roles to play in the identification of your underlying problem and during the development of your treatment programs. You can refer back to this section when you are working to develop your programs and are better at listening to your pain.

Pain is not something to be afraid of. Many people become frightened by their pain and think it means they need to go to bed and/or stop activity. Use the many roles of pain to help you learn about your body, your pain and the most helpful activities for you.

Pain is also a source of motivation. People are generally interested in working on their back problems as long as they have pain. I have found with a number of patients that when the pain is gone so is the program. But when the pain initially goes away the underlying problems still exist, so if you stop your program your pain generally returns. If this happens to you, ask yourself if you performed the program long enough to address your underlying problems. If not, did you at least resume the program that decreased your pain? Better yet, make a promise to yourself to stay with your program after the pain