

Pain Relief

Secrets, Strategies & Solutions

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Dear Patient,

Thank you for requesting this e-book. I have compiled this e-book as a free service to provide you with the latest knowledge and updates on joint pain.

Besides this e-book, you will be happy to know that you are now a part of my exclusive physical therapy newsletter mailing list, which will allow you to receive, at no cost, a brand new educational newsletter, twice a month in your email inbox. This newsletter is packed with valuable tips, strategies, suggestions and articles geared to help you make the most of your life. You can also pass it along to your family and friends, by 'referring a friend'. This is my way of serving you, as your physical therapist of choice.

Life is good!

BE FREE FROM PAIN

I have great news! You can walk away from this e- book with a strategy and a plan to live vibrantly, without pain, look years younger, and have more joy in all activities.

Impossible you think? Vibrant health is not only possible it is within your power. It happens when we begin by understanding the handbook that protects our most wonderful gift--- our bodies and our minds.

I wish you could meet Carole. She's a 67 year old woman who when she first came to our practice, had excruciating pain in both knees. When she was in her twenties, she had knee surgery following a sports injury. Her doctor said, *"Carole, you have two choices: physical therapy or surgery. I recommend you start by going to Walker Physical Therapy and Pain Center."*

When Carole limped into our practice for her first physical therapy treatment she said

"I hope you can help me. I'm terrified by the thought of having surgery. I'm in so much pain that I can't comfortably walk or sleep. And, I'm too proud to use a cane. Look at these cute grandchildren, they're so precious and I can't even take them to the park to play."



We recommended to Carole....

*"Do what most of our other patients choose to do; Sign up for our **FREEDOM FROM KNEE PAIN PROGRAM**. This is a highly effective program that we individualize for you."*

FREEDOM FROM KNEE PAIN

~ 3 Step Program ~

For people with knee pain like Carole our Freedom from Knee Pain Program is a three step process.

Step #1

Hands- on soft tissue mobilization and joint mobilization. Hands on work is not invasive, you keep your clothes on. When we do hands- on work, we find those “sore spots” and release the muscles and the joints.

Step #2

A special exercise program to stretch tight muscles and strengthen weak muscles. With Carole, her biggest issue was her hips. We gave her a simple and effective program to follow at home.



Step #3

It's our very own magic wand. Its official name is the 830 Laser. It's phenomenal in decreasing pain, decreasing inflammation, and regenerating tissue. It's completely safe and 90% of our patients get relief from it. Carole loved it!



FREEDOM FROM KNEE PAIN ~ Do's & Don'ts ~

As we do with all of our patients experiencing joint pain, we gave Carole some key guidelines to follow at home.



DO wear cushioned shoes with a good base of support.

DO use an ice pack for 20-30 minutes before bed.



DON'T sit with your knee bent for more than 20 minute durations. Get up and walk around or lie down.

DON'T squat past 90 degrees at the knee.

When Carole completed our **BE FREE FROM KNEE PAIN PROGRAM**, she said, *"I can't believe how great I feel. 95% of my pain is gone! Look how well I walk- and, without my cane! Everyone is telling me I look 10 years younger. And better yet, I feel 10 years younger!"*

We're still seeing Carole. She's feeling so good and wants to maintain it so she signed up for our fitness program. She recently said, *"Now I'm having so much fun playing with my grandchildren. And, don't tell anyone, I'm going on a date next Saturday."*

HAVE YOU EVER CONSIDERED THE DANGERS OF LIVING IN PAIN



- **Chronic musculoskeletal pain increases the risk of falling in older adults.** A new study in a prominent medical journal (JAMA, November 2009) found that pain is directly linked to an increased risk of falling and that it is a leading cause of injury-related death and hospitalization.
- Pain can lead to severe depression, and in extreme cases, even to suicide.
- Pain can make sleeping difficult.
- Pain can interfere with inter-personal relationships at home and work.
- Pain can lead to anger and anxiety. You can be so afraid of re-injuring yourself that you don't want to go back to work, play golf, garden or whatever else you like to do.
- Before he came to Walker Physical Therapy and Pain, Ron, who was one of our patients, had a highly paid job in the computer industry. He's only 48 years old. He said,
"My pain is so bad that I even had to quit my job. Not only I can't work, it's taken my whole life from me. I feel like I'm losing my mind."

SIX *MYTHS* OF JOINT PAIN

If you or anyone in your family is in pain and you're looking for somebody to help you, you can make a more educated decision when you understand the **Six Myths of Joint Pain**.

MYTH #1

Pain is your enemy. This is a myth. Pain is a natural warning that alerts you that something is wrong in your body.



MYTH #2

Joint pain is just wear and tear and there is nothing else you can do about it. Yes there is, especially if you follow our **FREEDOM FROM PAIN PROGRAM**.

MYTH #3

You need to take ongoing medications, such as pain killers and anti-inflammatories. However, medications simply mask the pain, while the joints continue to deteriorate. Ask them and your doctors will tell you about how these drugs will affect your intestines. Did you know that these medications can also make your blood pressure go up? The American Heart Society just issued a report advising doctors to recommend physical therapy for joint pain instead of medication. Some of these joint pain reducing medications have been linked to heart attacks which resulted in death.



MYTH #4

How many times have you heard of a test showing a problem when there wasn't actually a problem? Often times, you feel the need to get extensive testing such as blood work and x-rays or an MRI. While these tests can be informative, many times they can lead to false positives. For example, studies have shown that many people exhibit a bulging disc on an MRI even though they have no pain at all.



MYTH #5

You feel that surgery is the only answer, but many times, that's simply not true. Remember Carole's doctor. He recommended that she try physical therapy first. Surgery was the absolute last resort and it should be. However, if you ignore the pain for an extended period of time and don't see a physical therapist then surgery may be the only option left for you.



MYTH #6

You feel that if you have pain you should curtail your activity instead of getting treatment. That's not always true! Work with a professional who knows how to help you with your pain. Often times, inactivity or "curtailing of activity" leads to more rapid deterioration of your joints.



MISCONCEPTION OF JOINT PAIN

Now that we have looked at the 6 Myths, you're probably curious about the major Misconception of Joint Pain.

You may feel that your joint pain cannot be reversed. Now that is depressing. If you think you have to live with it, we have good news! Not only do we have a magic wand, we promise you that ***miracles can happen***...that's what our patients tell us over and over again! For example:

- ♣ We had a 45 year old dentist with a disc protrusion in his lower back come in and say, "my back is hurting terribly, especially since I have to stand up and drill teeth all day." With our individualized physical therapy treatment program his disc protrusion went from 11mm to 3mm and he became pain-free.
- ♣ We had a 75 year old man named Floyd come to our clinic walking with a cane strictly from inactivity and in 2 months he was back to ballroom dancing! He was such a flirt and even tried to pick up on our patients!
- ♣ We saw a 62 year old woman, Kathy, for knee strengthening prior to her having a total knee replacement. After 4 weeks, Kathy marched into our practice and said,
"My pain is gone. Why am I going to have surgery? I'm going to cancel my pre-op appointment for tomorrow and I am canceling my surgery."

That was 2 years ago. I talked to Kathy on the phone a couple months ago and she told me that she was still doing wonderful and has ***continued to be free of knee pain***.



WHAT IS THE MIRACLE



So what is a miracle? To begin with, it is something that happens that you don't expect and you can't explain. Where do we begin to create our own version of a miracle?

Before we go further, let's back up and take a closer look at joint pain.

- The source of joint pain can include disease, injury, age, surgery and stress. Often, it is a combination of these.
- Most often pain results in less activity. Unfortunately less activity can quickly lead to joint deterioration.
- Joint deterioration happens because the muscles weaken, due to inactivity, and they no longer protect the joint. Once a joint is not adequately protected by muscles, it can no longer handle the loads placed on it from daily activities.
- These joint loads then start deteriorating the joint surface which in turn leads to injury and pain.
- This is degeneration often leads to further joint related problems. For example, degeneration in the spine can progress and lead to painful conditions such as disc herniation, spinal stenosis, facet joint syndrome, and nerve impingement (i.e. sciatica).
- Unfortunately, people often try to combat pain with pain medications and even less activity. This becomes a vicious cycle which only leads to more joint pain.





Joint Pain Healing Starts with **YOU**



Every body has healing power and energy. However, some people's healing power has been decreased. For example, a cut finger takes some people much longer to heal than others. Often people no longer realize that they still have the ability to decrease their pain.

If you can remember to stay optimistic and embrace the fact that you DO HAVE the HEALING POWER, your body will become better able to heal and you can begin to enjoy a more active pain-free lifestyle. However, be careful and sensible here because you could actually hurt yourself. ***It is important to be guided by a professional such as a caring and compassionate physical therapist who can empower you to become more active without causing yourself harm.***

***We will show you how to increase
your Healing Power and Energy***



FREEDOM FROM PAIN

~ Problems & Solutions ~

Now we're going to look at some **BE FREE FROM PAIN** problems and we will give you solutions. We have already looked at a knee pain, so now let's take a look at low back pain, shoulder pain, and neck pain.

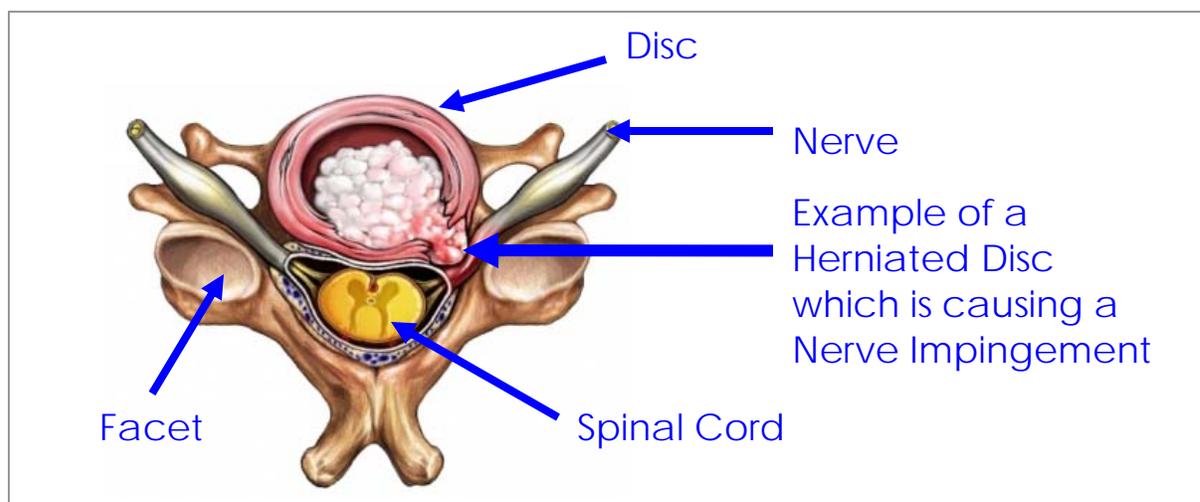
Low Back Pain

The most common joint pain is low back pain (often with sciatica). In people over 45 years the most common cause of low back pain is degeneration of the joints, including degeneration of the discs.



Low back pain is a general diagnosis which can include many low back conditions such as:

Disc Herniation, Spinal Stenosis, Facet Joint Syndrome, & Nerve Impingement.



Mike's Success Story

I wish you could meet Mike. He came to our clinic with agonizing low back pain. Last year Mike's doctor said

"Mike not only do you have arthritis in your lower back, but you also have spinal stenosis and sciatica which is likely related to the pain going down your leg. I want you to go to Walker Physical Therapy and Pain Center for treatment on you back."

On his first visit, Mike said,

"I am 70 years old. I used to be really active. However in the last 2 years my low back started to bother me and now my pain is bad. It hurts to even roll over in bed and it is a major effort to get in and out of the car. Because of the pain, I spend most of my time watching T.V. in my lounge chair."

Prolonged sitting can lead to degeneration and back pain. We recommended to Mike,

*"Do what most of our patients choose to do; sign up for our **FREEDOM FROM BACK PAIN PROGRAM.**"*

When we examined Mike we found tight hip muscles, causing him to walk in a hunched position. We started him on our program... do you remember what step #1 was?

Step #1: For Mike's Low Back Pain

Hands- on soft tissue mobilization and joint mobilization to gently ease the spasm in his back and buttock muscles. When your muscles go into spasm they can compress the nerves that go down your legs. Hands- on mobilization will relax the muscles and take the pressure off the nerves.

Step #2: For Mike's Low Back Pain

A special exercise program. We showed Mike how to stretch out his tight hips and also gave him specific strengthening exercises.

Step #3: For Mike's Low Back Pain

We used our magic wand the 830 laser, to decrease pain, decrease inflammation, and regenerate tissue.

In addition, we taught Mike the **BE FREE FROM BACK PAIN DO'S AND DON'TS.**



DO use ice 20 -30 minutes before bed.

DO pull your belly button into your spine.



DON'T twist while holding something in your arms.

DON'T bend at the waist; squat instead.

DON'T sit for more than 20 minutes at a time.

On **graduation** day, Mike said,

"I didn't think it was possible. 85% of my pain is gone. I am controlling the rest of my pain with ice and exercise. Now I'm going for walks with my wife. I also signed up for a woodworking class."



Shoulder Pain

The 2nd most common joint pain is shoulder pain. The most common disorders in the shoulder are often related to a very important group of shoulder muscles, the rotator cuff muscles. These disorders include rotator cuff tendonitis, strains, partial tears and



complete tears as well as impingement, adhesive capsulitis (*frozen shoulder*), bursitis, arthritis, and even calcification.

The reason this often happens is that the muscles in between your shoulder blades don't get used enough and then, they get weak. Then there is nothing to support the shoulder joint and the rotator cuff muscles get over worked. Even if you exercise at a gym, these shoulder blade muscles are usually not targeted.

The rotator cuff muscles weaken and are injured by incidents like unusual lifting, cleaning the garage, painting the living room, or turning a heavy steering wheel. Sometimes there is no incident at all; the rotator cuff muscles gradually become weaker and pain starts for no apparent reason.

Jennifer's Success Story

Let me tell you about Jennifer, a recent 46 year old patient of ours who came to us with right shoulder pain after playing in a weekend tennis tournament.

Jennifer came to our clinic and said

"I have been playing tennis since college but a couple of weeks ago I twisted my shoulder and it has really been hurting since then. I have tried icing it, but it just doesn't seem to be getting better."

We started Jennifer on our **BE FREE FROM SHOULDER PAIN PROGRAM** which consisted of 3 individualized steps.

Step #1: *For Jennifer's Shoulder Pain*

Hands- on soft tissue and joint mobilization for her neck, upper back and shoulders. On Jennifer we found several shoulder muscle trigger points and we did pressure point release on them.

Step #2: *For Jennifer's Shoulder Pain*

A special exercise program tailored to fit her needs which included exercises to strengthen her shoulder blade muscles.

Step #3: *For Jennifer's Shoulder Pain*

Laser treatments to her shoulder (including her arm pit region) to decrease pain, decrease inflammation and regenerate tissue.

In addition, we taught Jennifer the **BE FREE FROM SHOULDER PAIN DO'S AND DON'TS.**



DO lie on your pain free side. Place a pillow close to your tummy and rest your arm on it.

DO use ice 10 minutes before bed.



DON'T push or pull when hands are not visible.

DON'T aggressively stretch or pull.

Following 8 treatment sessions, Jennifer tells us she is feeling 85% better. That's great! We are continuing to work with Jennifer to get her back to her tennis game.

Neck Pain

The 3rd most common joint problem is neck pain. Over the age of 45 the most common cause of neck pain is degeneration of the joints and discs. What leads to it? Poor posture and spending too much time in the sitting position. It often happens with people who spend a lot of time on the computer.

Judy's Success Story

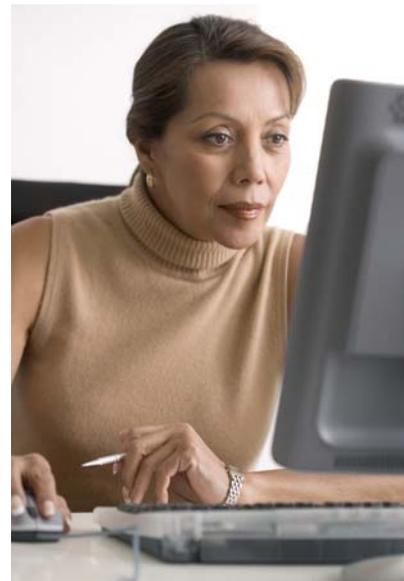
Let me tell you about Judy, a 58 year old woman who heard about Walker Physical Therapy and Pain Center from her neighbor. She came to us for our **BE FREE FROM NECK PAIN PROGRAM**. Judy said,

"I have pain on the left side of my neck. It feels like a toothache. My pain goes down my arm and my hand is numb. I get headaches everyday."

We asked, *"Judy, what do you do during the day?"*

She told us, *"I am the church secretary and I do deskwork and computer work most of the day."*

We asked, *"Judy...how do you spend your evenings?"* Judy said, *"I like to surf the net, get my e-mail and then I relax playing solitaire on my computer."*



It became very clear that Judy was doing way too much sitting!

When we examined Judy, we noticed that she had started to get that dreaded Dowager's hump (a hump on the upper back). Most women I know not only dread this, they are absolutely fearful of it. It's simply not flattering at all! And it can be painful!

However, believe it or not...in many people, you can prevent it and even reverse it. It's mostly caused from poor posture and sitting too much! Poor posture leads to weak upper back muscles, again those shoulder blade muscles!

For Judy, her **BE FREE FROM NECK PAIN PROGRAM** consisted of:

Step #1: For Judy's Neck Pain

Hands- on soft tissue and joint mobilization to effectively stretch out her joints and muscles specifically at the Dowager's hump.

Step #2: For Judy's Neck Pain

A special exercise program including exercises to decrease her dowagers hump.

Step #3: For Judy's Neck Pain

The magic wand, the 830 laser, to decrease pain, decrease inflammation, and regenerate the tissue around Judy's dowager's hump.

We also gave Judy some things to do at home.



DO check your desk at work and at home to see if it is ergonomically set -up. Basically you should have everything set up so that there is little stress on you spine and your wrists.

DO make sure you talk on the phone correctly. Keep your head and neck nice and straight and use a speaker phone or head phones if you're on the phone a lot.

DO use an ice pack 20 minutes before bed



DON'T push or pull when hands are not visible

DON'T sleep on the side that hurts the most!

After 4 weeks, Judy said,

"90% of my pain is gone. Everyone at church is telling me how great I look."

We checked her out and said,

"Judy, your Dowager's hump is approximately 50% less. We want you to continue with the special exercises we gave you. Judy, you look great. You have such a glow in your face."

Judy shyly said,

"I'm getting romantic with my husband again."

THE 5 MOST DANGEROUS WORDS

Maybe It Will Go Away

I want to leave you with a real - life story of Patty, one of Kathy's friends (remember Kathy, she almost had a knee replacement surgery).

When she called me about 2 months ago there was something else she wanted to tell me.

Kathy said,

*"Grace, I have bad news. Last Christmas my friend Patty mentioned to me that she was suffering from knee pain and low back pain. I told her that she needed to sign up for Walker's **FREEDOM FROM PAIN PROGRAM.**"*

Patty said,

"Oh I don't know, I think I have to live with it. It's just wear and tear."

Kathy, told me

"Grace. It was six weeks ago that Patty went outside to get her mail. As she stepped off the curb to get to her mailbox, she had a shot of pain in her knee and her leg gave way. No one was home to help her. One hour later, a neighbor saw her lying outside and rushed to her side. He called the paramedics who came and took her to the hospital. Patty fractured her hip. Grace, it's so sad, she has had a difficult time recovering and is still at a rehabilitation facility. I'm so nervous that she won't make it back to her home."

My final thoughts. If you have pain and aspire to live vibrantly, without pain, look years younger, have more joy, and return to activities that you used to enjoy...

Work with caring and compassionate physical therapists that specialize in pain solutions and will empower you to achieve your goals!

You now understand the handbook that protects our most wonderful gift--- our bodies and our minds. **If you are inspired by this e-book, we would be thrilled to have you come see us at Walker Physical Therapy and Pain Center. We would be happy to give you a \$99 screen for \$49 If you mention code: Freedomfrompain. Call now for same day appointments!**



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