



Next Step Newsletter

Next Step
Physical Therapy
(516) 681- 8070

February, 2010

Giving you information and answers to any physical therapy, health or fitness related questions

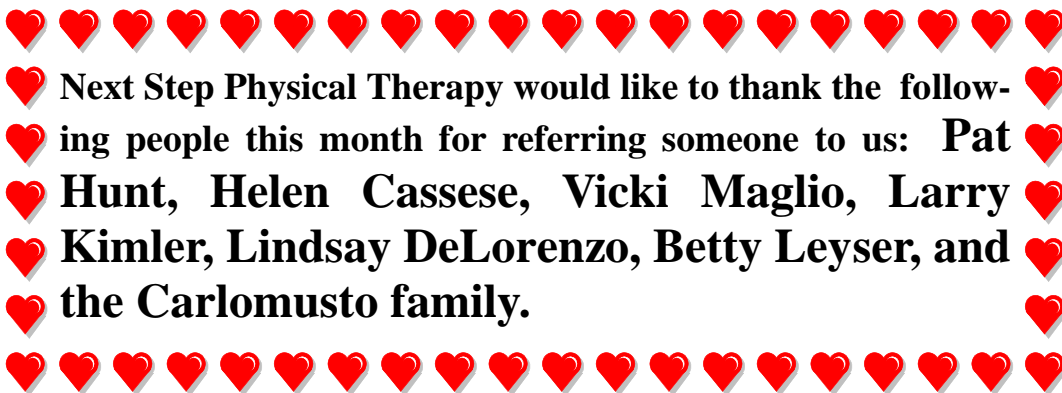
The most common onset of injury????

It's six o'clock in the morning. You wake up, turn off your alarm clock, and stretch out. That's when you notice your shoulder hurts. You think to yourself: "Why is my shoulder hurting? You retrace all of last night's activities but you can't think of a single reason why your shoulder would be hurting you. You didn't injure your shoulder, so why is it hurting all of a sudden? You can substitute any joint you like - knee, back, neck, etc - this mysterious onset of pain is perhaps the most common onset of an injury. It's not so mysterious once you have a better understanding of how the body works.

As a physical therapist, my expertise is understanding the human movement system. We have many moving parts, and similar to machines, it's the moving parts that are always the first to wear down. The reason is simple: movement causes stress. Not only does movement cause stress but forces unrelated to our individual beings, for example gravity, cause a constant stress to our bodies and joints.

All of these movement and non-movement related stresses act on our joints everyday. Believe it or not, these forces cause microscopic injuries (called micro-trauma) to our joints all the time. The wonderful news is that, unlike machines, we can heal ourselves. Our body is constantly repairing ourselves from the stresses of the day. Even better, our body does this without our awareness because such small damage doesn't cause any pain. Pain is the primary way we as humans recognize a problem with our movement systems. No pain = no problem.

Unfortunately, continuous micro-trauma to a specific joint can eventually cause macro-trauma, an injury substantial enough for our bodies to notice. Now we have pain. Now our body has gotten our attention to let us know that your little shoulder problem that has been flying under the radar is now something that requires more help than it's been getting. Now is when you call to see me, and tell me that your shoulder pain "came out of nowhere". Now you know that's not really the case. So when you feel pain, it's your body trying to tell you that it needs help. Make sure you give it the help it needs and come in to see me.



Next Step Physical Therapy would like to thank the following people this month for referring someone to us: Pat Hunt, Helen Cassese, Vicki Maglio, Larry Kimler, Lindsay DeLorenzo, Betty Leyser, and the Carlomusto family.

C.H. asks: "How come my feet always hurt me after working and standing all day long?"

Great question! There are a couple things to consider. The most obvious is your footwear. Maybe it's time to get new shoes that provide cushion and shock absorption. The other thing to consider is whether you can find times during the day to get off of your feet. Achy feet after a long day don't necessarily mean that there is a problem that needs to be corrected. How do you feel the next day after a good night's sleep? If you feel back to normal then I think looking at one of the two examples above is right for you. If you feel a progressive worsening of symptoms that are starting to affect your ability to function then I think it's time to give me a call.

Updates

Welcome to the Next Step Newsletter!

Win a pair of movie tickets!!

The first 2 people to call us with the answer to this question wins a pair of movie tickets.

What's the primary way we know something is wrong with our movement system????

- If you have a friend or family member that you think could use our help please let us know or have them call us.
- If you would like more information on any of the topics discussed here please give us a call.
- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.
- What topics are you interested in and would like to see in the newsletter? Let us know.

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