

DEALING WITH RECURRING PAIN

By Dr. Derek Conte

There are many types, qualities, intensities and intervals of pain and each presented by a patient can indicate different things. The specific description of the pain is very important to the doctor in distinguishing whether or not there is an emergency or to screen the patient for a serious pathology like cancer or to treat conservatively.

Pain that is dull, aching, hard to localize, made worse by sitting or standing still and relieved by activity or exercise is called scleratogenous or musculoskeletal-type pain and is caused by joints that are 'stuck' and not moving freely. A pain that is stunning and electrical in nature and 'radiates' down an arm or leg is known as radicular pain and is caused by some type of direct or indirect nerve pressure. Simple chiropractic adjustments can correct these problems. A pain that is deep and boring through from front to back and wakes one up at night may signal a serious pathology. Pain and swelling in the abdomen along with fever may indicate a life-threatening infection and a true emergency. Visceral or referred pain occurs when there is a problem in one of the vital organs and the pain is 'referred' to another area, such as the jaw, shoulder/blade or even the groin as in the case of kidney stones.



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Often, patients come to the office with neck or back pain saying the pain has only just begun, but when asked to reflect on previous similar episodes of pain many do recall that the pain had indeed begun long ago. Very mild at first and very infrequent but becoming more frequent more intense and lasting longer with each episode. A major cause of this and many other types of pain are misalignments of the spinal bones causing grinding in the joints and negative changes in the behavior of spinal nerves. What follows are tight muscles, stiffness, degeneration of the joints and decreased blood flow to the tissues, starving them of the oxygen and nutrients vital to good health. The longer this state in the body continues, the more pain, muscle spasm, organ compromise and joint deterioration will occur. Medications, often taken at this point to control pain, do not correct these problems. Chiropractic adjustments, if given early, can. If left alone, however, these problems can become serious, requiring significant medical intervention. While you may be the type not to complain, it is always best to deal with health problems early.

Dr. Derek Conte is co-founder of Chiropractic Specialists on Concord Road in Smyrna and is available to speak to your group or school. For Questions, call: 404-784-6008.

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