



# *Pain is the warning sign, Not the problem!*

**Which came first the pain or the problem? And how did you know you had a problem?**

It sounds a little silly but obviously the answer is the problem came first, and the reason why you knew there was a problem was BECAUSE of the pain.

Much like a cavity in a tooth you may never be fully aware of the ongoing decay till it hits the NERVE and becomes inflamed.

So when we start evaluating our choices for continuing care you've got to realise , if you know the problem came first, and that you didn't know about the problem until the pain came, you can actually have a problem going on without the pain!

We can have ongoing health problems and have no pain or symptoms whatsoever. Pain is a signal. It means that something has gone WRONG for long enough and sometimes bad enough to cause a problem, that eventually, if you're lucky causes pain. Why are you lucky? Because it has brought you to the point where you finally seek care to do something about and hopefully correct and reverse the process.

Pain relief does not mean that the problem has gone away, or that the cause has been corrected. Pain relief is only the first stage of care where the nerves are going from being completely crushed, pinched and bruised, to barely crushed and bruised, but full function and full strength and healing have not yet been restored.

There is still a lot of work to do, even when the pain is gone, as we have to correct the deeper cause, strengthen the spine and body and give you the best chance at never having this PROBLEM or PAIN again. **After all why do you brush your teeth?**

Let us know if that is also your goal and intention!

Some adjustments may leave you a bit sore afterwards, this does not mean we are worsening your problem in any way. When you start any exercise program you are going to go through some tough times while new muscles are being torn and repaired, it is the same thing when it comes to our care!

We are moving the actual areas in your body that are giving you symptoms, so there may be some extra inflammation, however this should only be short lived, and adjustments get easier with time as the inflammation heals off the nerves, bones and tissues.

Be patient, and let us know if there are any particular changes or symptoms that are bothering you.