

# Pain: The Puzzle

The background of the slide is a close-up of a puzzle. A grey puzzle piece is positioned in the upper left, with a semi-transparent grey banner across it containing the word 'pain' in white lowercase letters. To its right and slightly lower is a teal puzzle piece, with a semi-transparent teal banner across it containing the word 'treatment' in white lowercase letters. The puzzle pieces are set against a white background with faint black outlines of other pieces.

pain

treatment

Sharon Sharpe, ScD, ATC, LMT

# What is Pain?

- usually localized physical suffering associated with bodily disorder (such as a disease or an injury)



- A signal that something is wrong.
- "...whatever the experiencing person says it is, existing wherever/whenever the experiencing person says it does" (McCaffery, 1968)
- So – find out what is wrong and fix it – pain goes away!
  - Or does it?



# Acute vs. Chronic

- ▶ Acute is new pain usually with a definitive onset associated with movement (sprained ankle, bruised knee, whiplash)
- ▶ “Ambush” Pain – sudden onset from a seemingly harmless movement
- ▶ Gradual Onset – comes on slowly without apparent cause, or due to overuse
- ▶ Chronic – Pain which persists despite attempts to treat it. Often of unknown origin, or persisting after an injury has “healed”
  - ▶ Different time frames – weeks to months



# Today's topic

- ▶ Pain that persists or keeps returning
- ▶ Pain that is relieved by treatment, but returns after a short time.

Why should pain persist, or keep coming back after it is gone?





We think of our body as “held up” by our skeleton.

- Ligaments hold the bones together
- Muscles hang off the skeleton

What “holds up” our skeleton?



## In reality: Body as a tent

- Balanced tension
  - Poles hold up the tent
  - Tent holds up the poles



- What happens if one connection is broken?

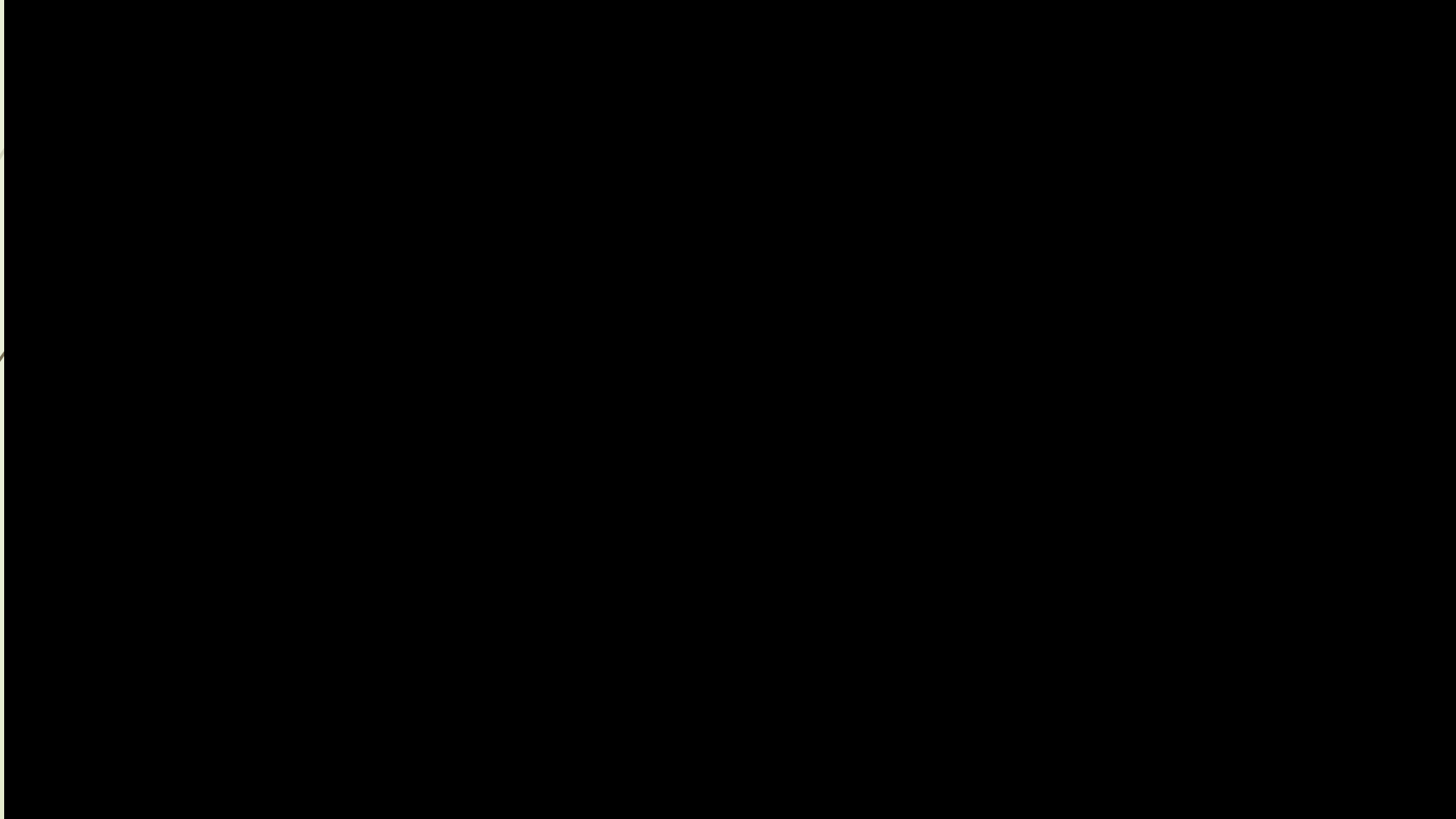






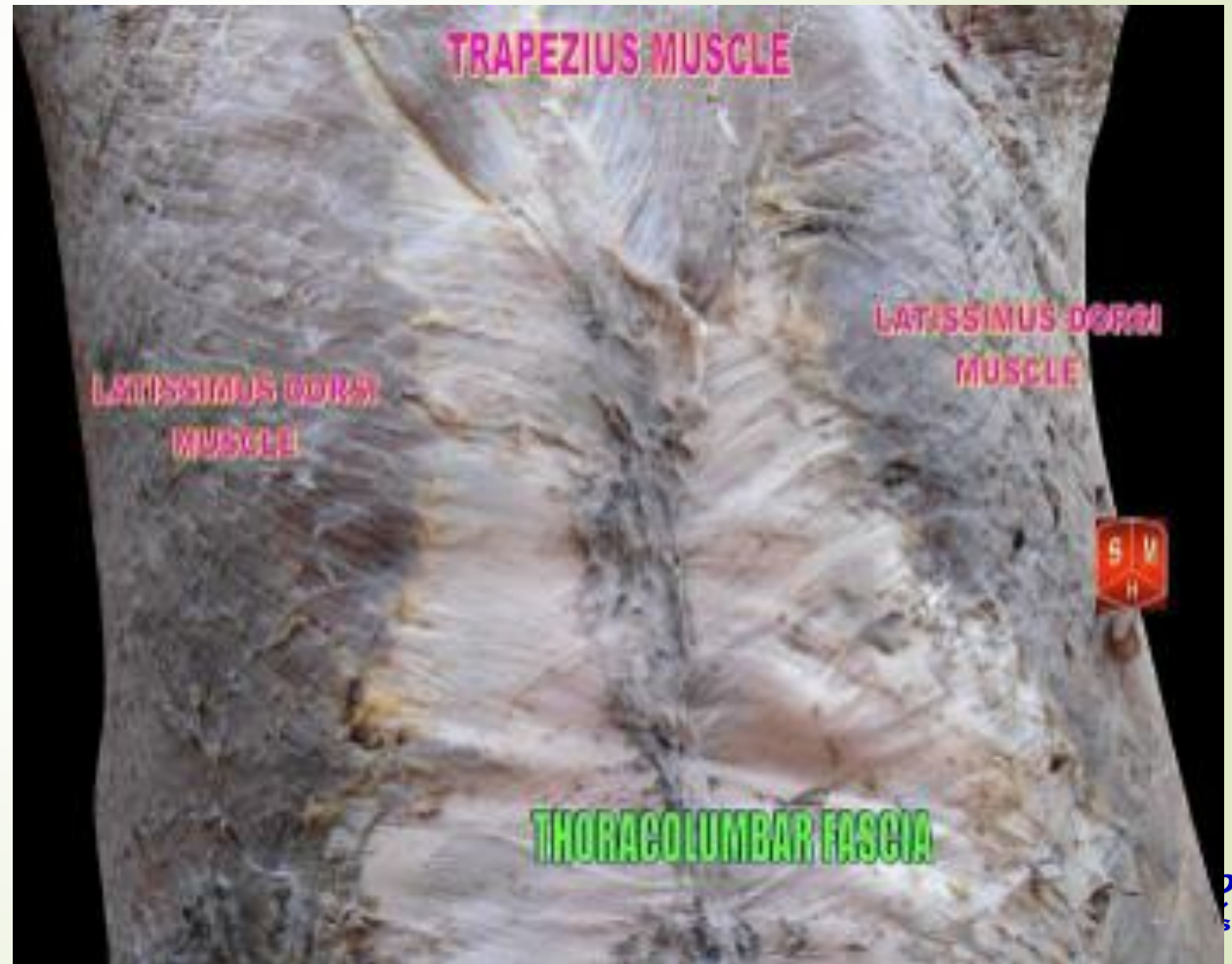
# Tensegrity

- ▶ Integrity of the balance of tension.



# Why should pain persist?

- ➔ Imbalance in forces on a body part
  - ➔ Muscle tension
  - ➔ Fascial tension
- ➔ What is fascia?



# What is fascia?



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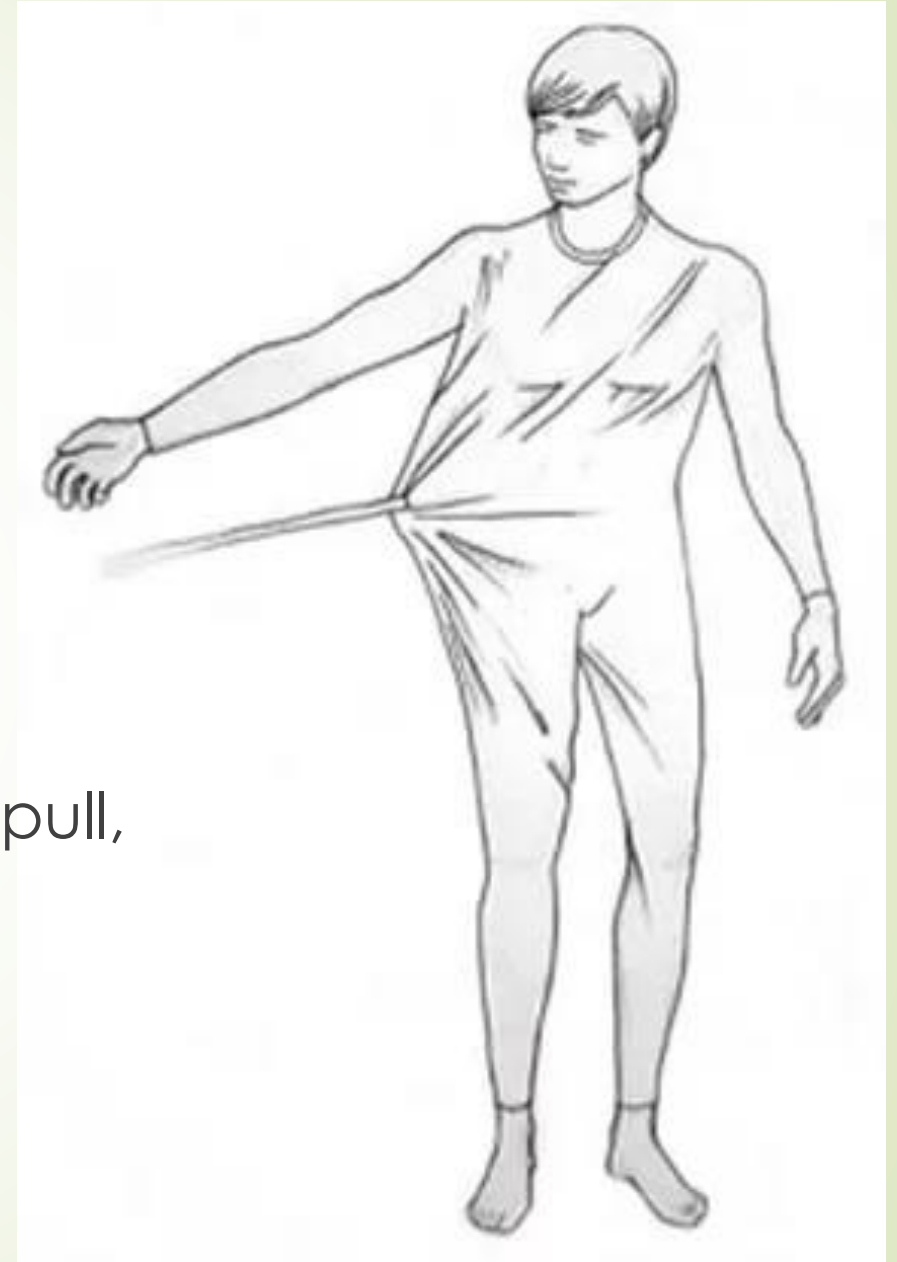
# What is fascia?



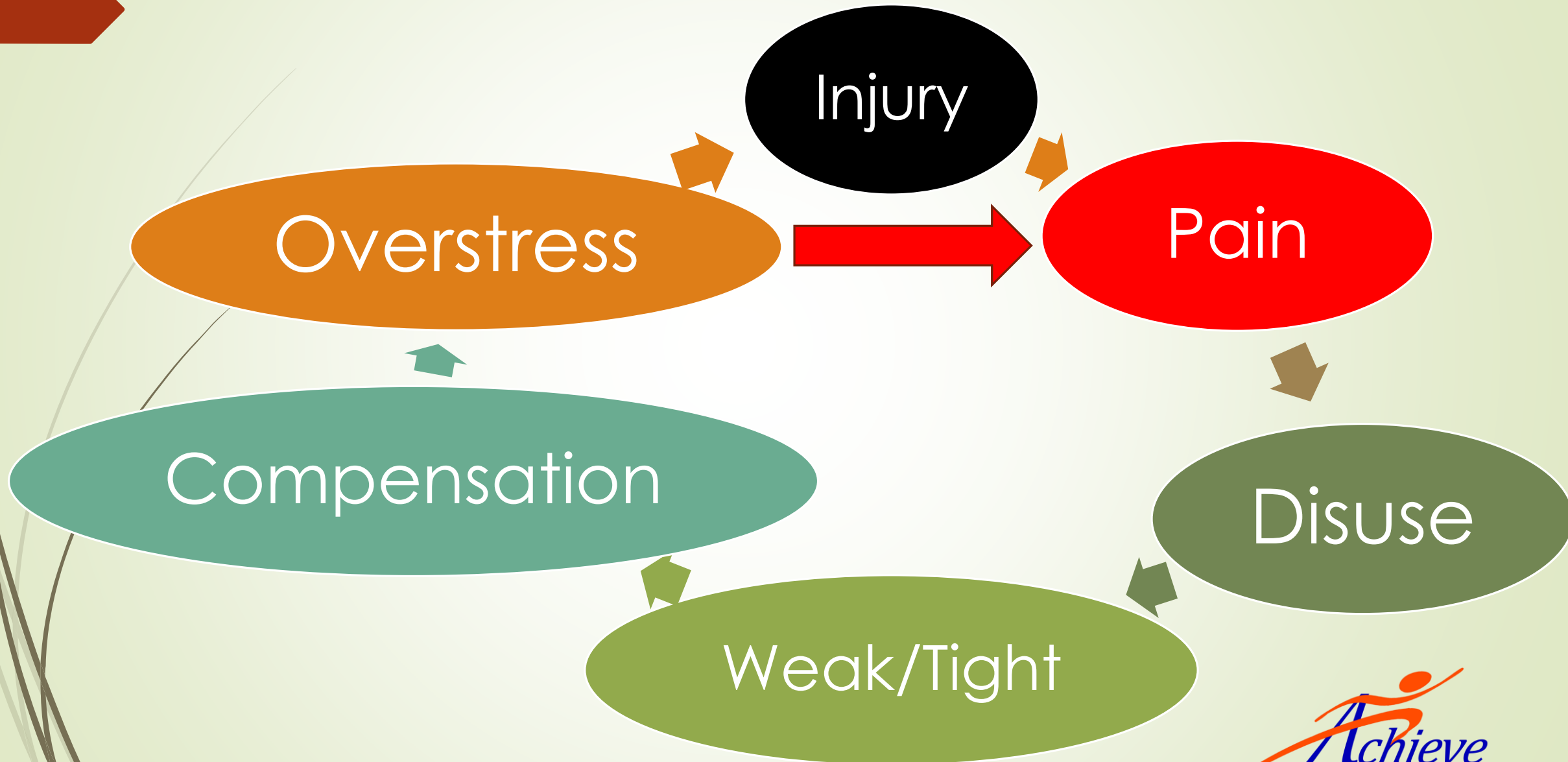


# In the body.....

- ▶ Fascial imbalance caused by
  - ▶ Injury
  - ▶ Postural issues
  - ▶ Repetitive stress (work?)
- ▶ Becomes habitual and continues to pull, even if muscles are relaxed.

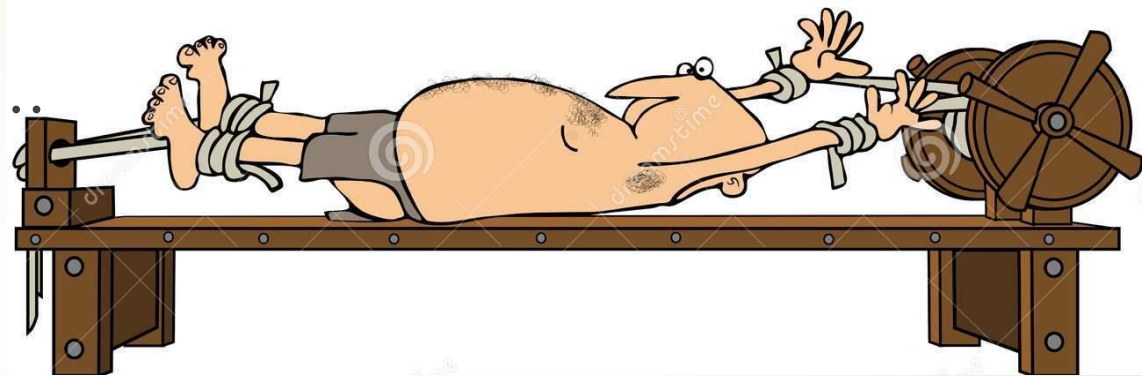


# Injury – compensation cycle



# Techniques to restore tension balance

➤ Not just stretching....



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➤ Or Deep Tissue Massage

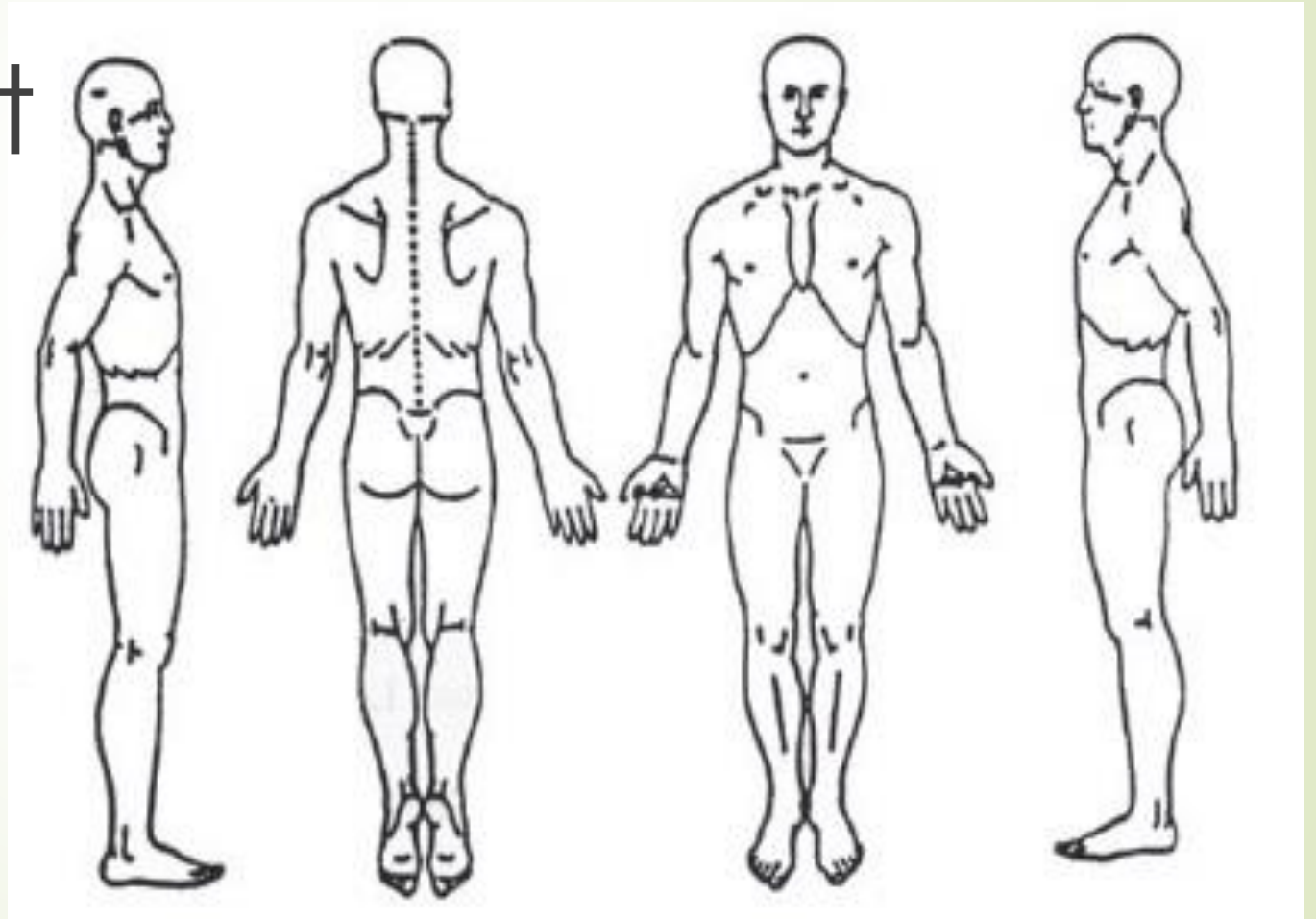


<http://highlandparkcity.us/2018/02/08/will-love-playing-sports-friends/>

# Treatment must target the root cause

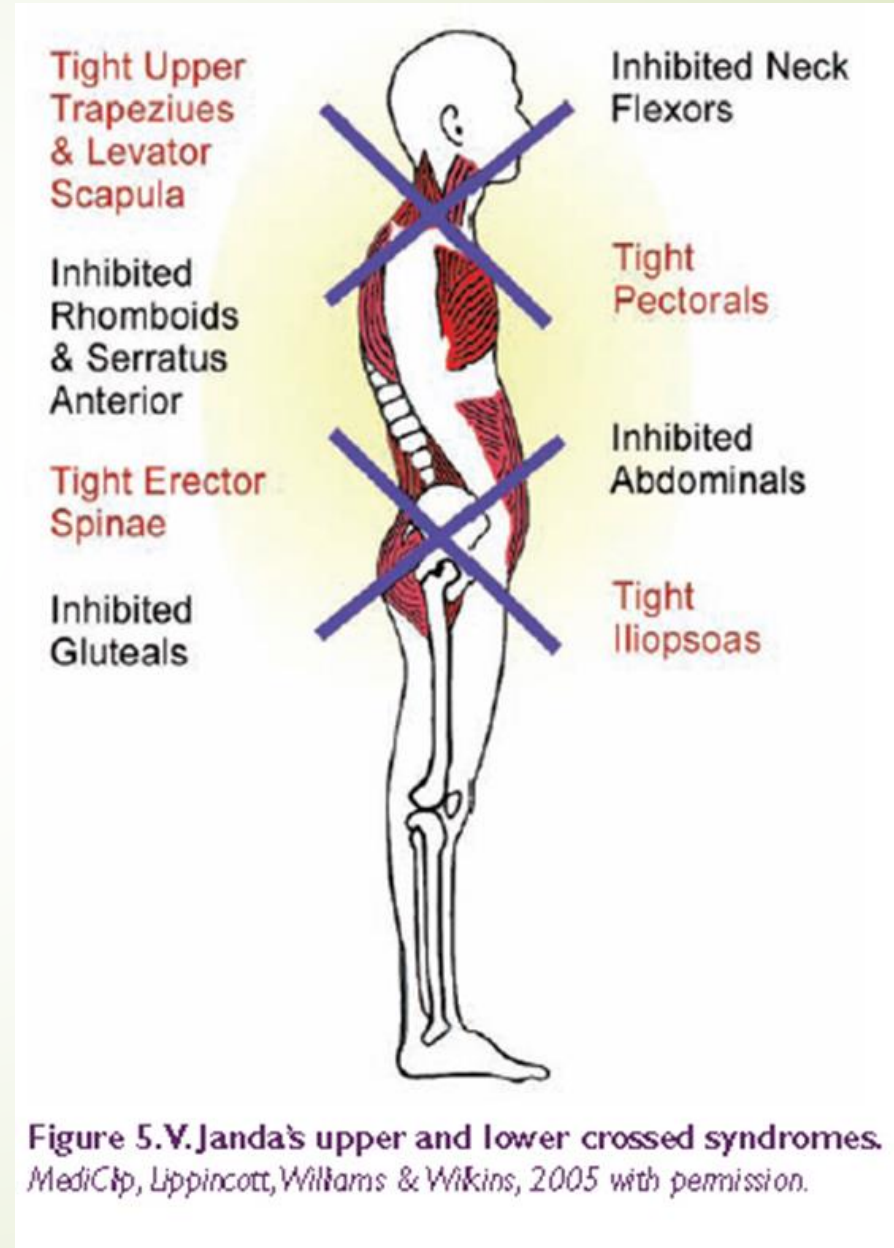
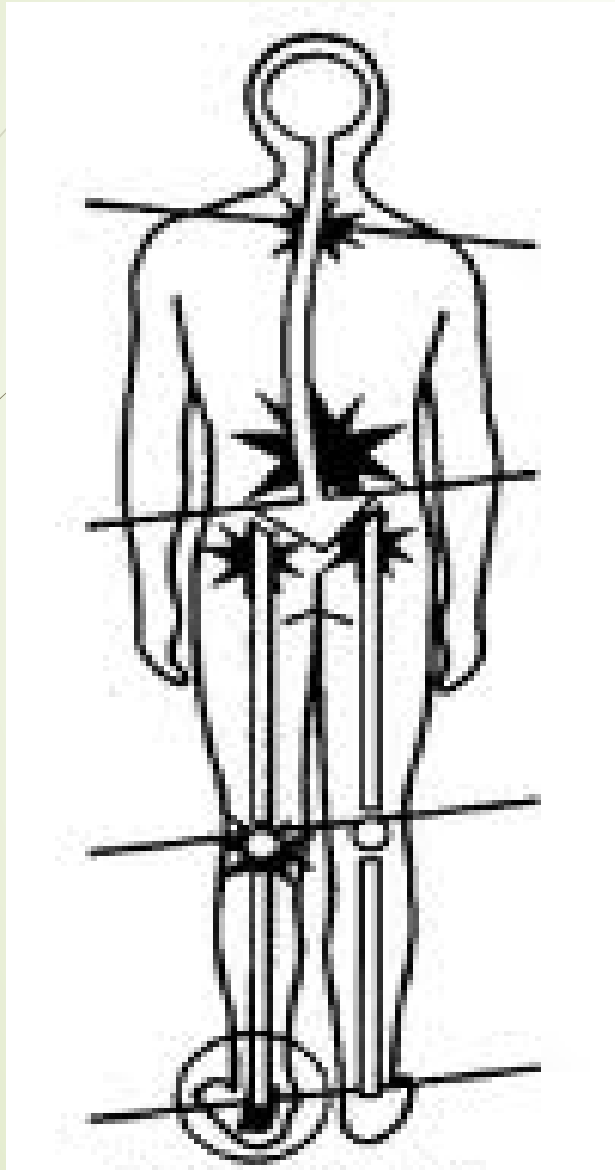
## ➤ Assessment

- Posture/alignment
- Range of motion
- Balance





# Typical postural patterns





# Techniques must target the root cause

- Release tight structures, strengthen weak structures
- Work WITH the body, not against it.
  - Positional Release Therapy
  - Muscle Energy Technique
  - Biosynchronistics
  - CranioSacral Therapy



# Re-establish Balance, change habits

- Homework

- Tension – stretching of tight structures

- Strength – or activation

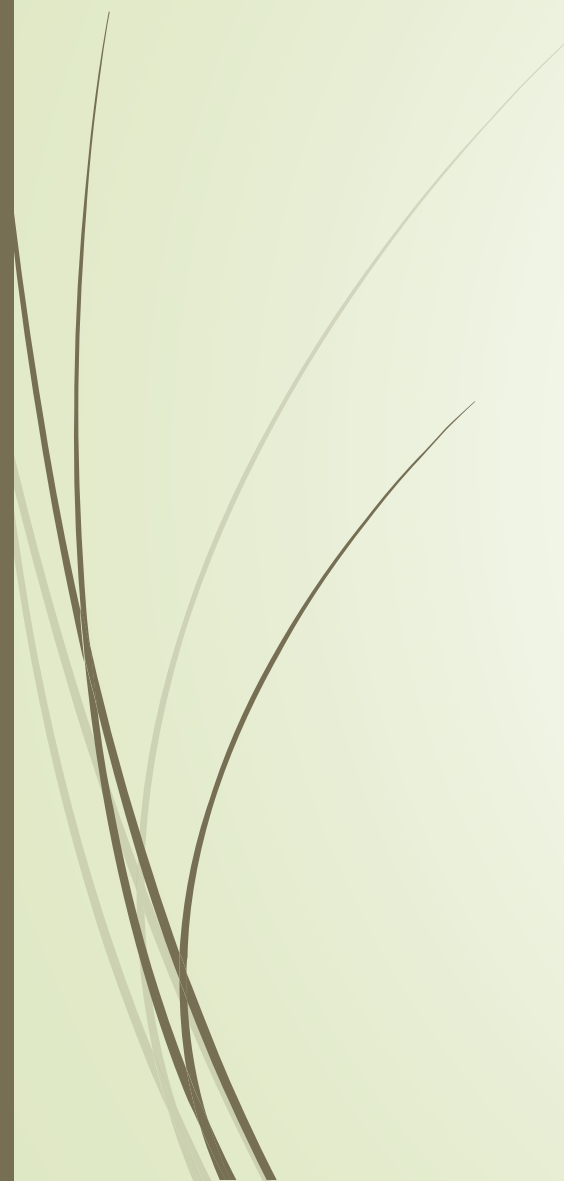
- Learn to activate muscles appropriately

- Functional strengthening

# Takeaway

- **Everything is connected, Body has a “preferred” balance**
- **An imbalance can cause pain far from the actual imbalance**
- **Treating symptoms alone often fails in the long term**
- **Restoring balance can allow the symptoms to resolve**
- **Program for maintenance is important**







Thank you!

