

## **Pain management can be done naturally**

**Question:** How can a Chiropractor help with pain management in episodes of serious pain and discomfort?

**Answer:** Chiropractors are an excellent choice for your first line of pain management. There is definitely a difference between emergency or uncontrollable pain that requires immediate medical attention and functional pain that patients are tolerating on a daily basis.

Most pain syndromes that are musculoskeletal in nature require ice as a natural analgesic. Ice applied for 20 minutes every 2 hours will give temporary relief in most cases. Heat may have calming effects but it can irritate the condition by attracting blood to an irritated area. The rule is to always use ice the first 48 hours after any initial musculoskeletal trauma.

Chiropractors may use a variety of other pain-management techniques. Physical modalities like ultrasound, electric-muscle stimulation, massage, laser-light therapy and others are very efficient also. Every chiropractic patient can expect a different combination of these various treatments, each based specifically on the findings for that particular patient on that particular day. Nutritional support may be suggested such as increasing calcium-magnesium intake, which replenishes lost calcium from chronic or severe pain, which leaches our calcium stores. Herbal remedies are also helpful. Topically there are many surface analgesics, which include Biofreeze, Mineral Ice, Tiger Balm and many others. These are short lived but do give a break in the pain cycle.

Increasing your water intake plays a significant role in countering chronic pain. Long-term pain or severe trauma induced pain can result in dehydration. Your muscles are 80-percent fluid and constant stress and strain from pain can reduce their function and allow stagnant dead tissue to accumulate, which only contributes to the pain cycle.

The gentle chiropractic adjustment restores and balances nerve supply to your painful areas allowing them to immediately begin to heal.

Always try to manage your pain without drugs initially. Your body adapts to drug use for pain control quickly and it is very easy to fall into pain medication dependency even if it is non-narcotic. Try chiropractic, the natural way first.

**Quote of the week:** *“A life spent centering only on itself will in the end occupy a very, very small universe.”* – John Glenn