

## **Specialists give best advice in their own fields**

**Question:** I have a personal trainer that pushes me even when my back hurts.

Should I listen to him or use the advice of my chiropractor?

**Answer:** Every professional has an abundance of information and knowledge in their respective field. How educated they are in associated professions or related topics in their profession is very individual. Chiropractors are primary providers of health care and must deal with every associated healing topic and professional. In any given day I will speak with a patient's trainer, neurologist, nutritionist, yoga instructor, psychotherapist etc. I respect all healing-arts professionals regardless of their title. All play an important role in guiding their patient to overall health and well being. Problems occur for a patient when they get conflicting advice on the same question or concern. Your athletic trainer may be pushing you to work through your back pain without completely evaluating your condition at this moment in time. Trainers should not only do a thorough history of their client but should consult with their clients physicians regarding any physical pain or recent trauma. A combined effort to create the safest and most effective work out routine will best benefit the client/patient.

During my clinical experience I have observed a lot of injuries self-induced by patients in the gym. The majority of these injuries were due to improper body mechanics while performing an exercise or utilization of gym equipment improperly. Trainers are very well aware and very knowledgeable of their clients' potential in most cases. There should be communication between the doctor to the patient to be aware of what exercise routine is being suggested so the doctor

can interject their concerns for the patient's protection. The patient should be responsible to transfer this communication to their trainer or have their trainer talk directly with the patient's doctor to be very clear on the concerns for safety.

Pain is always a strong sign something is wrong. Working through pain is not always a gain. There is a fine line between pain and a good stretch or exertion. Utilize the knowledge of all your healing and wellness professionals to get the best advice for you.

**Quote of the week:** *"Live simply; love extravagantly."* – Author unknown