

What if exercise is hurting more than it's helping?

The body is a complex interconnected mechanical structure. Chiropractic care views the body structure as a smart system. Every joint in the body talks to the brain continuously. If there is a problem in its health or function, the joint will let the brain know by sending disturbed nerve signals.

If the brain senses that a joint area is locked out of position, or that movement around a specific area of the spine is not right, you may notice pain, weakness or fatigue around that joint. Mechanical pressure on the joint can generate disturbances like pins and needles, numbness, muscle spasms and the like.

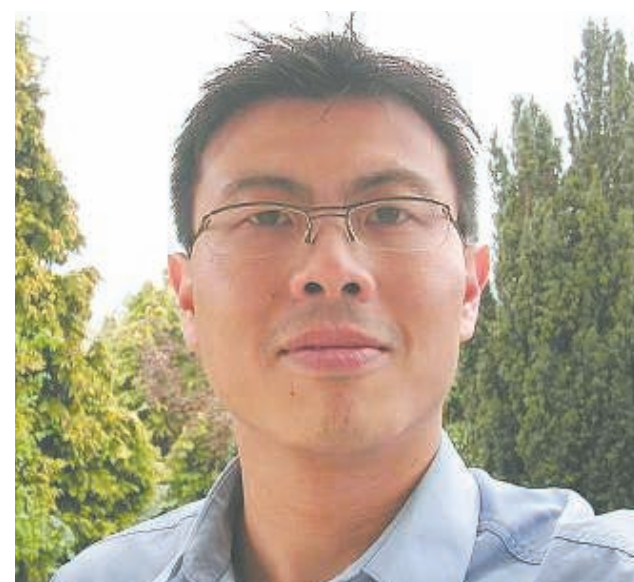
Because your body structure is smart, your posture and the way you move will automatically try to adapt (compensate). Sensations of pain and weakness are often deliberate and purposeful: designed to

stop you from overworking a compromised area. But if things aren't resolved at a deep level, the problem will become chronic: bad movement patterns and posture will become habitual, brain activity will change and uneven wear and tear around your joints will result. Symptoms may ease a bit but they'll still be there because the problem's still there.

Now imagine taking a compromised weakened mechanical structure and loading it up with extra stress and strain from more exercise. Yes, exercises can be helpful and speed recovery at certain times in certain cases. But for some it will worsen things, maybe acutely. Symptoms may increase or persist. The sense that the body structure is not at ease, even if not in pain, will be present.

If you're in this situation, consider

having a chiropractic analysis of your body structure and nervous system. Chiropractic adjustments help to get your joint structure, nerves and brain working together properly again at a deep level, from an holistic viewpoint. It usually avoids the use of strenuous and time-consuming exercises to begin with. As your body structure wellbeing improves, you'll be able to do more exercise and be more physically active – and your body will be ready for it.



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This content reflects personal opinions of Dr Tat Loo. He may be contacted on 474-0030 or at info@bodymindspine.co.nz. Download a .pdf copy of this ad to keep or forward to friends by visiting our website and clicking "Health News".

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total body structure wellbeing

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