

# July '15 Wellness Letter

Dear Patients and Friends,

**“I’m back again”! I hear these words often from patients. At times they seem so surprised that they got re-injured or aggravated a chronic problem. When I question their history then they tell me things like: “I moved 70 bags of mulch”. “I ran a 10K race and only did 3 training runs of 2 miles”. I spent 15 hours quilting a blanket for my new grandbaby”. Should it be so surprising that they are “back again”?**

**What this tells me is that many people do not truly understand how the body heals. If you break a bone, the orthopedist re-aligns the bone and then puts you in a cast and 6-8 weeks later a re-x-ray shows the bone is healed and the cast comes off and away you go! Your spine is not so easy to fix. The Doctor of Chiropractic re-aligns your spine by performing a chiropractic adjustment. Soft tissue healing can take 6-8 weeks just like a bone healing. Injured muscles and ligaments that stabilize the spine need that time to strengthen to hold the spine in a neutral alignment. Studies have shown that it takes 21 days to decrease nerve root inflammation with Activator instrument adjustments. This research was performed by a medical doctor, Dr. Song, and also repeated by Dr. Roy et al. Often times a patient has had chronic back pain for several years, they receive their first chiropractic adjustment and when they return to their upright posture from the adjusting table, they say “it still hurts”.**

**We obviously do our best to explain healing but we live in a world of instant gratification. Taking a pain medication is often times necessary to get through a crisis. However, just because the pain is blocked does not mean the body is healed. Symptoms are often the last to appear but the first to disappear before true healing occurs. Quite often patients go back to doing the same activities that brought on their injury without allowing adequate time to heal. So to me the phrase “I’m back again” tells me that they don’t understand how healing occurs.**

**Listen to your body. Be patient. Avoid those activities that can re-injure your body and delay true healing. We will continue to do our best to educate and re-educate on how to take better care of your body and particularly your spine. It takes cooperation between you and your Doctor of Chiropractic to achieve success.**

**Make it a great day!**

**Dr. Edward J. Galvin, Jr.**