

What is Pain?

I LIKE TO THINK OF PAIN AS YOUR BODY'S CHECK ENGINE LIGHT.

By Dr. Aaron Dutruch



WHEN WE SUFFER PHYSICAL PAIN, IT IS OUR BODY'S WAY OF TELLING US THAT SOMETHING ISN'T MOVING THE WAY THAT IT'S SUPPOSED TO. AS A CHIROPRACTOR, MY JOB IS TO USE MY EXPERIENCE AND KNOWLEDGE IN ANATOMY, PHYSIOLOGY, BIOMECHANICS, BIOCHEMISTRY AND NEUROANATOMY TO DIAGNOSE WHAT BREAKDOWN IN THAT PROCESS IS CAUSING YOU PAIN. ONCE WE'VE FIGURED OUT THE CAUSE OF THE PAIN, WE CAN ADDRESS IT BY REBUILDING THOSE PROCESSES.

JOINT PAIN:

One of the primary tools I use to treat joint pain is the adjustment. The chiropractic adjustment is designed to safely and efficiently move joints that aren't moving appropriately through a normal range of motion. In my clinic, I start with a gentle procedure and can move to a traditional chiropractic adjustment if needed. If you are scared of the "popping and cracking" that comes with the traditional chiropractic adjustment, Premier Chiropractic is the place for you.

DISC/NERVE PAIN:

When you injure your spinal discs or nerves, it can cause a variety of symptoms, including numbness and tingling, or even shooting pain (such as in sciatica) down the arms or legs. When treating patients with these symptoms, I often use a decompression table. This table is designed to help pull the pressure from the spinal nerves allowing the discs to heal, and it can help patients find relief while avoiding surgery.

MUSCLE PAIN:

Muscle pain can be caused by many things, but a massage is something that can always help. I have a licensed massage therapist on staff that does an amazing job of pinpointing muscles that are the primary source of a patient's chronic stiffness and soreness. Through a variety of techniques, she

is able to decrease that pain while increasing range of motion.

It's a good idea to come by Premier Chiropractic and discover the root of the problem. Avoid the use of medication to get yourself back to a pain-free life, and enjoy doing the things you love to do. ■

Dr. Aaron Dutruch received his BS in Kinesiology, Fitness and Human Performance from LSU and his Doctorate of Chiropractic from Texas Chiropractic College. He specializes in Functional and Kinetic Treatment with Rehabilitation (FAKTR). Premier Chiropractic, 1120 N Causeway Blvd. Ste 2, Mandeville, (985) 674-5855, premierchiromandeville.com

