



# Cordes Chiropractic

## Health Point Newsletter

[www.drdauidcordes.com](http://www.drdauidcordes.com)

"The Doctor of the Future will give little medicine, but will interest his patients in the care of the human frame, diet, and in the cause and prevention of disease."

Thomas A. Edison

## Why do I have all this PAIN?



The type of pain you're feeling can help your doctor determine the specific cause. Pain may come from several sources: bulging disc, irritation of the facet joints (the small aligning vertebra joints) or even a blood vessel being pinched by muscle. Pain can even radiate from a different area than where you feel pain! Let your doctor know if you pain is burning, electrical, numbness, pins and needles or achy.

### Cordes Chiropractic Center

(419) 592-6050

Mon, Wed, Fri (8:30-12 & 2:00-5:30)

Tue, Thurs, Sat. (10:am)

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Doc, I don't know what happened but all of a sudden I have severe pain in my back; why? I didn't hurt myself that I know of; WHAT HAPPENED??

I hear this a lot in my practice. One of the things that bothers my patients most is when they can't remember doing anything that could have caused their pain. It seems more acceptable to patients if they can identify a cause for their pain such as a car accident, getting hurt at work or tripping carrying groceries.

I have heard everything from "I was golfing, bent over to pick up a golf ball and the pain literally dropped me to my knees" to "I went to bed feeling fine but I woke up with severe neck pain and can't move my head." Why do we have pain when there is no identifiable cause?

Many times pain of this type is from lack of proper motion in a joint. Your body does not know how to fix this problem so your muscles tighten up and spasm to try and protect this area. Now you have pain that

lets you know that something is wrong! The key to better health is to recognize the warning signs and fix the problem early, before severe muscle spasms occur. Like most things in medicine, it's a lot easier to treat earlier than later.

Many times we receive warning signs from our body telling us we are having problems but we tend to ignore them. Often it starts with morning stiffness but tends to go away as the day goes on. Sometimes the stiffness and pain comes during or after work.

Besides pain and muscle spasms, continued lack of proper joint motion may cause other more severe problems such as disc degeneration (vertebra disc get nutrition by pumping motion; little blood supply goes into the disc), improper cartilage wear, and arthritis.

*David A. Cordes D.C.*