

## New Pain Related to Old Postures or New Activity

When a new musculoskeletal pain occurs that keeps getting worse with time, it is time to think where is this pain coming from and when did it start. How is it affecting your posture, your walk or your work? As an advanced muscle therapist with twenty years' experience, I see healthy people with pain that won't go away and people with chronic arthritic pain. Three things I have observed over the years about muscles; first, pain returns because you did not solve the problem or release the right muscle, second, everyone's body is uniquely different and third, pain is often the result of a new behavior, new shoes, or new activity that over uses them. That said, last year I had an accountant who decided to go skiing. He worked out when he could and remembers skiing a lot when he was younger. When he came to me his knee pain was nonstop even after trying various forms of alternative therapies (acupuncture, chiropractic, and stretching). Let's look at these pictures.

1. This is his body's possible painful response to his 10 hour work days at the computer.



Daily muscle strain to upper body joints, back, hips and eye strain.

2. This is the posture of a person skiing, Same muscles have added tension.



**Evaluation-** since he sits all day, and only exercises periodically, all of his muscles were tight, causing added stress on the quadriceps and hamstring muscles, resulting in knee pain that would not stop. **Solution-** a 2 hour muscle release session; for wellness, self-care massage techniques to prevent joint tension and demonstration of proper pillow placement for nightly joint support for continued pain relief.