

Issues in Pain Control

Pain is something that affects all persons at some time. People desire relief from pain, and thus the reason that so many doctors, pharmacists and therapists are around. There are many different forms of pain and many different ways to treat it. So, what makes Dupont Physical therapy different from the rest of the clinics?

Holistic Approach

Pain is not always affected by one part of the body. Often times, it is referred from another part of the body. At Dupont Physical Therapy, we take a look at the whole body to ensure that everything is in line and working together properly.

Factors Affecting Pain

Many different factors affect your pain, as well as your recovery from pain. These factors may include, but not limiting to, the following: stress levels, diet, environment, posture, daily activity, emotional outlook, and pharmaceuticals.

Hot or Cold?

When pain arises, many people turn to hot packs or cold packs to relieve their pain. But when should you use heat, and when should you use cold? Cold Packs are the first form of defense from pain. Cold packs will cause vasoconstriction of blood cells, which will in turn, decrease inflammation and provide numbness to the pain. **Cold packs should be used the first 48-72 hours after an injury** to help promote healing.

Hot packs can also help relieve pain. Hot packs will help to warm muscle tissue as well as allow stretching and relaxation of those muscles. Hot packs will increase blood flow and circulation, which is why you should not use hot packs until after 72 hours after injury. If blood flow is increased, blood cells will not have a chance to protect the injured body part.

If you are unsure whether your injury is acute or chronic, use ice. Chances are that the injury site is inflamed and causing pain. One way of icing your injury is to fill a paper cup half way then put it into the freezer. Once the water is frozen solid, tear off top half of cup and apply ice directly to skin in circular movements. Continue this technique for about 5 minutes. Your body will experience several different feelings: cold, burning or extreme cold, pain, then numbness. Once the area has reached numbness, you may quit the icing.

Stretching

When muscles become tight, they shorten and pull on your body. This pull will often cause pain. Hamstrings and quadriceps are two of the biggest culprits to cause pain. **A good stretch should be held for 30 seconds (no bouncing) and done 3 times in a row.** It is a good idea to stretch a couple times a day. Also, heat before stretching will allow your muscles to get a better stretch and decrease the chance of pulling a muscle.



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