

Sharon Rose, L.Ac, Dipl. O.M.



The Rose Family Clinic
721 E Lancaster Ave
Downingtown, PA 19335
(484) 238-8127

RoseFamilyClinic.com

WHY DO I HURT?

There are many reasons your body can hurt. We're all familiar with muscle strain/sprain, fatigue, inflammation, and arthritis... you probably already know that acupuncture can help with these. Less understood by the general public are:

Viscero-somatic referral: In this case your brain misreads a distress signal, so an organ problem feels like a muscular problem. The most famous example is the heart attack that creates an aching arm or jaw, or bone cancer masquerading as a hurt back. Pain that doesn't respond to treatment needs to be assessed by a medical professional to rule out dangerous causes.

Chronic spasticity: Healthy muscles are constantly changing their level of tension. They work with constant feedback from the cerebellum (part of the brain) to make tiny adjustments. This is how we keep our balance and perform tasks smoothly. When a muscle is tight for a long period of time, however, its setpoint changes. It thinks being tight is normal. This can lead to stiffness, pain, and misalignment of bones as they are pulled out of place. Blood flow is blocked, creating painful ischemia. Tight muscles can also pinch the nerves that run through them, causing "electric shocks," tingling, or numbness. Massage is a great temporary relief, but to really fix it you need to treat the cause of the problem, the neurological setpoint. OMM reminds the muscle how it's supposed to behave. Once it relaxes, the body can heal itself.

Fascial adhesions: Each muscle bundle has connective tissue (fascia) surrounding it like a layer of Saran wrap. At each end, that connective tissue becomes our ligaments and tendons. These sheaths are supposed to slide past each other as muscles move. With long periods of no movement, if the muscles are spastic, or if there's an injury, they can stick together and form a fascial adhesion. Some people like to get in and dig them apart, deep-tissue massage style. That works well in the short term, but it also causes inflammation... which causes scar tissue... so the adhesions reform. OMM uses a more subtle approach to slide the layers apart. The result is immediate freedom of movement with no pain.

Emotional causes: Muscles store our memories. Sometimes a mysterious physical complaint can be linked back to a traumatic event. It's not unusual during a session for people to find themselves laughing, crying, or getting angry. Releasing pent-up emotions is therapeutic for your body as well as your soul.