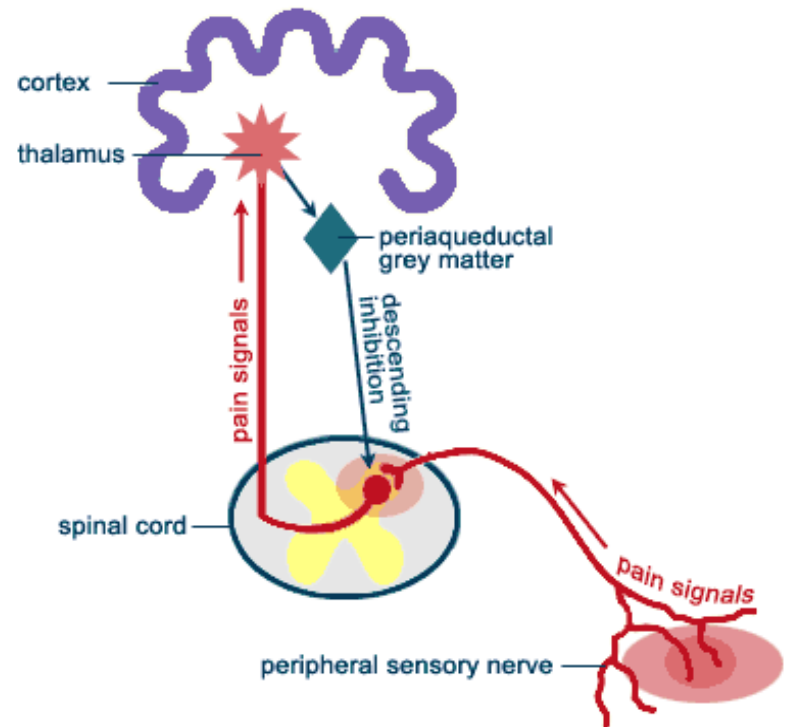


MUSCULOSKELETAL DISORDERS

Why do things hurt?

○ Pain sensitive structures

- Nerves
- Muscles
- Ligaments
- Joints
- Bone
- Blood vessels
- Skin

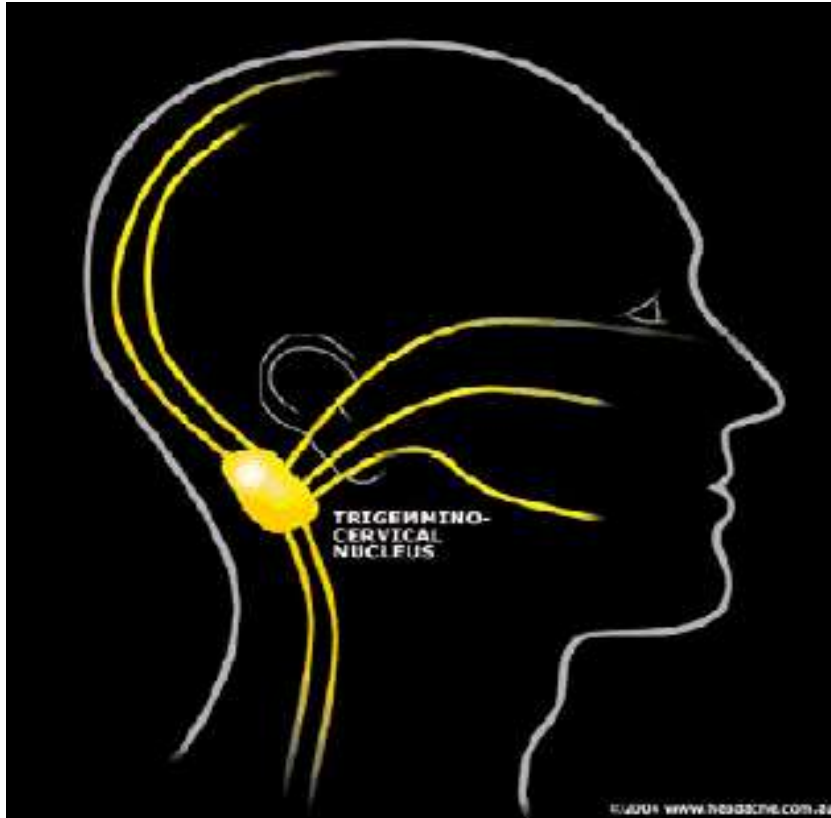


Pain Modifiers

- Healing rates
 - Exercise & stress
- Chronic pain
 - Smoking, obesity, anaemia

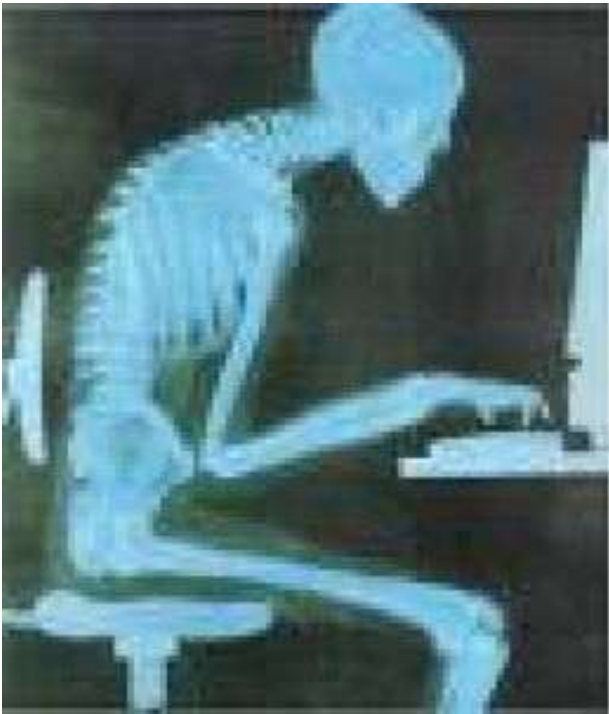


HEAD PAIN



- Pressure pain
- Muscle pain
- Nerve pain

NECK & BACK PAIN



Disc injuries
Joint problems
Muscle strain
Pinched nerves

**ACUTE PAIN vs.
CHRONIC PAIN**

SHOULDERS, ELBOWS & HANDS



**STRUCTURE
GOVERNS
FUNCTION**



- Muscle imbalance
- Joint stiffness
- Nerve entrapment
- Swelling



HIPS, KNEES & FEET



**STRUCTURE
GOVERNS
FUNCTION**



- Muscle imbalance
- Joint stiffness
- Nerve entrapment
- Swelling

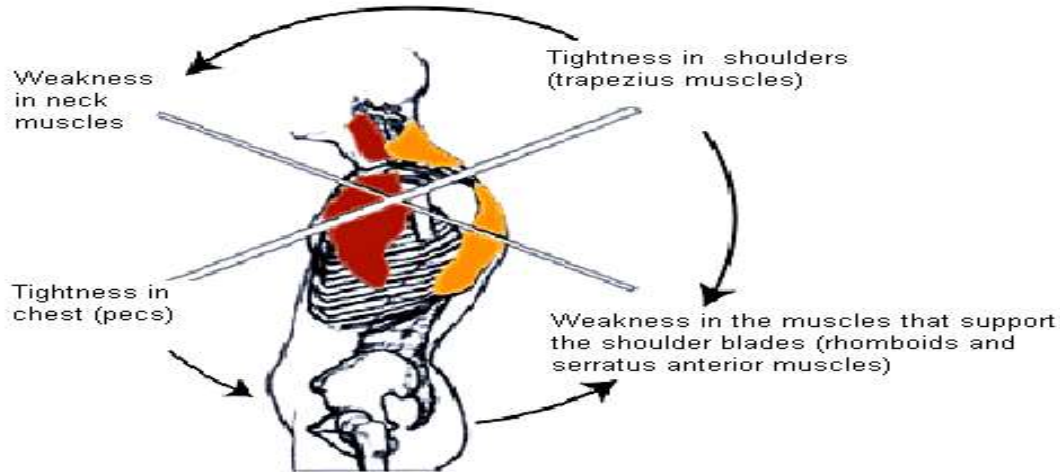


EXERCISE. . .



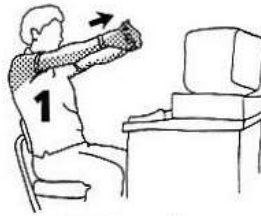
POSTURE...

BRUGGER'S



UPPER CROSS SYNDROME

& STRETCHING



10-20 seconds
2 times



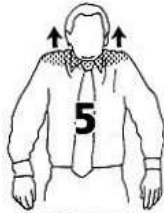
10-15 seconds



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



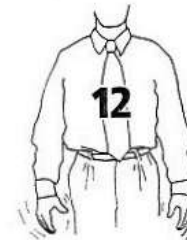
8-10 seconds
each side



8-10 seconds
each side



10-15 seconds
2 times



Shake out hands
8-10 seconds

Links & Resources

- <http://www.backfitpro.com/>
- <http://health.msn.com/blogs/get-back-in-shape-post.aspx?post=1618467>
- <http://www.andrewvincentchiropractic.com.au/healthinfo.html>