

Inactivity Will Hamper Your Recovery

Physical exercise is an integral part of the functional restoration approach in rehabilitation medicine. A patient's natural tendency, however, is to avoid any activity that reproduces symptoms. Although it is important to protect an injured tissue from further injury, complete bed rest or inactivity is not the solution. It is important for patients having acute or chronic musculoskeletal pain to understand the harmful effects of prolonged inactivity.

It has been proven well beyond reasonable doubt that bed rest or inactivity is not only a bad option in the treatment of back pain, but that it also aggravates many other medical conditions. Complete bed rest is "a highly non physiologic and definitely a hazardous form of therapy, to be ordered only for specific indications and discontinued as early as possible." That was the conclusion of an article **published in 1944** in the *Journal of the American Medical Association*.

Nevertheless, only a decade ago, bed rest was, in many countries, the treatment method of choice for lower back pain. Similarly, various forms of rest or support were often recommended for recurrent pain in the neck or shoulder. Since then, there has been a complete shift in philosophy from an inactivity approach to an active approach.

Now, based on undisputable scientific evidence, it is widely recognized that rest and traditional physical therapy, in which patients receive passive treatment, are not very effective in the treatment of acute or chronic musculoskeletal conditions.

Physical inactivity has several harmful effects:

- ◆ Muscles, ligaments and bones weaken
- ◆ The spine stiffens and loses control and coordination
- ◆ Overall physical fitness deteriorates
- ◆ Patients become prone to depression and sensitive to pain

- ◆ Resumption of normal activities and daily routines become more and more difficult as time passes.

The current consensus is that inactivity is exactly the wrong response to acute as well as chronic back, neck and shoulder pain. In patients experiencing acute pain, our advice is for them to continue daily activities as much as possible. In chronic pain cases, physical exercise can bring about some relief gradually, and the best results are obtained when a carefully designed functional restoration approach is followed.

Physical Therapy Specialists utilizes the functional restoration approach in the treatment of the many conditions affecting the neck, back, shoulder, elbow, hips, knees, and foot/ankle. In doing so, we have helped our patients achieve a greater than 93% success rate. We are the only facility in the eastern United States to offer our patients Active Spine Care™ as a treatment option for their back or neck condition. This method offers superior results over traditional therapy methods and has been subjected to the scrutiny of extensive scientific research.

To learn more on how we might help you, or someone you know, achieve a better quality of life, call today to schedule a **FREE** consultation. Even if you choose to see someone else for your care, you will be more informed and less likely to tolerate ineffective and time wasting treatment remedies.

**To schedule your FREE Consultation, or to
inquire about any of our services,
Call 899.5750 Today**

