

Orthogo Physical and Aquatic Therapy Newsletter

SUFFERING FROM PAIN? YOU'RE NOT ALONE-60% OF AMERICANS ARE SUFFERING WITH YOU

Coming Soon

Yet another study confirming the benefits of exercise.

Most of us can name a time when we were in physical pain, but for 60% of Americans, pain is something they deal with on a regular basis.

In a pole conducted by ABC News, USA Today, and Stanford University Medical Center, more than half of the respondents said they suffer from chronic or recurrent pain. (Chronic pain is defined as ongoing pain that has lasted for at least three months.) Unfortunately, many of those surveyed also said that their pain interferes with their ability to take part in normal activities, their mood, and their overall enjoyment of life.

According to the survey, the most common source of pain is the back, which accounted for 25 percent of the pain reported. The next most frequently reported pain was knee pain, followed by headaches, shoulder pain, and leg pain. Men between 30 and 49 years of age were the most likely to have back pain, perhaps because their bodies are aging a bit, but they're still very active. However, women under the age of 50 reported that headaches or migraine pain were the most common sources of their pain. But, after age 50, back pain led for both men and women.

With so many people in pain, what can be done to ease their suffering? Well, most of the survey participants, 84 percent, said they've tried over-the-counter drugs to treat their pain, and 81 percent have tried home remedies like heating pads and ice packs. The next most frequently used treatments were prescription drugs, prayer, and bed rest. Unfortunately, it doesn't seem these treatments are working particularly well-only 51 percent said that prescription drugs and prayer worked very well, and that was the most highly rated of the treatments!

AN ALTERNATIVE TO DRUGS

It seems many Americans also have some concern about taking prescription drugs on a frequent basis. Over 25 percent said they worry about serious health risks painkillers may cause.

If you're one of the 60 percent suffering from pain, your physical therapist may hold the key to a safe and effective solution. Many conditions respond very well to various treatments used by physical therapists, including exercise therapy. In fact, those suffering from back and knee pain stand an excellent chance of improving their conditions through exercises aimed at strengthening the muscles supporting the back or knee. Best of all, physical therapy is safe and there are no side effects-except for your good health!

Langer, Gary, Poll: Americans Searching for Pain Relief, Retrieved February 6, 2007, from <http://www.abcnews.go.com/Health/print?id=732395>

Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening

Clinics

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