

Why do I get this pain?

MSU's Osteopathic Manipulative Medicine is here to help. *by Dr. Lisa DeStefano*

Do you ever wonder why you get intermittent pain in a muscle or near a joint? Perhaps it comes and goes seemingly without a reason? In describing your pain with family, friends or colleagues, do they relate a similar story? Perhaps they even lump your pain into their diagnosis. Most physicians don't know what structure is causing your pain or why and also tend to lump your pain into a regional diagnosis such as low back pain or shoulder pain.

Many people give up going to their doctor with these problems because they know that it's a nuisance, and they are not going to get the answers. The reality is most non-traumatic recurrent episodes of pain are due to "overuse." Overuses of muscle, tendon and or ligament are the structures

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that stabilize our joints and help us move efficiently through space. The overuse comes from an excessive load onto or excessive use of the structure.

These problems are very common, determining why that particular structure is in overuse condition warrants a bit of investigation. Logic would say quit using that structure and the pain should go away; unfortunately for most people, it's not that easy. Our body reflexes are very sophisticated and various muscles

play different reflexive or unconscious roles such as the "joint stabilizer" or "joint mover." It's this reflex situation that goes awry. For very predictive reasons, the muscles that typically stabilize a joint become dampened or inhibited.

This situation overloads the ligaments and tendons that stabilize the joint and puts the joint at risk. Ultimately, this causes the joint mover muscles to do double time causing them to scream and complain. Pills may help your brain feel less pain, but appropriate treatment requires a deeper understanding of your situation.



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Our providers

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|-----------------------|--------------------------|
| Peter Blakemore, D.O. | Jennifer Gilmore, D.O. |
| Jonathan Bruner, D.O. | Timothy Francisco, D.O. |
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| Vincent Cipolla, D.O. | Jake Rowan, D.O. |
| Mark Gugel, D.O. | Mathew Zatkan, D.O. |

Whether it's back pain, neck pain or chronic headaches, your body is trying to tell you something. We're here to listen. In fact, it's the foundation of the medical approach we teach and the research we conduct at Michigan State University's Department of Osteopathic Manipulative Medicine.

Our board-certified physicians are currently accepting patients from adult to adolescents and children.

Ask your physician to refer you to Osteopathic Manipulative Medicine, then give us a call. We're listening. 517-432-6144