

Pain is Not the Problem



Many people begin their chiropractic care because of an ache or a pain.

I'm sure you did the same.

The pain that you have can be distracting, debilitating, irritating or annoying.

Pain can be chronic, acute, intense or intermittent.

Pain can be sharp or dull. And pain can be localized or general.

Pain may be a pain, but pain is not the problem!

Pain is a symptom.

A signal. A sign. An indicator. A warning.



Pain is no more a problem than a traffic light or your alarm clock jarring you awake.

If there's a problem, it's the meaning we attach to the pain.

When we meet patients who are in pain, our first thought is that they must have exceeded some physical, chemical or emotional limit to which they can no longer adapt.

So, while we're interested in the pain, we're even more interested in what was the underlying cause of the pain. Did it just happen? Has it been present a long time? What circumstances brought it on? Plus, what change(s) should be made to avoid this in the future?

Do you know someone who thinks pain is a problem? Have them call the office today. The consultation is FREE. In our practice, pain is never a problem!

Dr. Edgar Ruble, Jr. D.C. 1756 W. Wise Rd. Schaumburg, IL 60193