

# Inflammatory Treatment and Pain

*Understanding your Pain and Progress*



## Centre for Chiropractic & Sports Rehabilitation

An integrative, biomechanical approach to the everyday sports and spinal injuries.

### Treatment Style at CCSR

Your practitioner recognizes that most sports and spinal injuries require much more than a weekly spinal adjustment. In fact, your body will heal *most* effectively when [treatment](#) stimulates your body's inflammatory response. This may seem counterintuitive at first, but inflammation is integral to the production of new cells. With this in mind, your doctor will treat your injuries through inflammation-causing techniques: active release, trigger-point therapy, and friction massage (the Graston technique). These types of therapy will cause temporary inflammation in the treated area, encouraging the body to replace damaged cells with new, healthy cells.

### The Treatment Recovery Curve

Figure 1 (below) depicts the best-case scenario in terms of treatment. This graph is typical of patients who are dealing with acute injuries or patients who are not afflicted with chronic inflammatory conditions. Point (A) on the graph represents a patient's first treatment. For 2–3 days after treatment, the patient will experience an increase in inflammation (B). Happily, this inflammation is followed by a decrease in inflammation and an increase in health (C)! At point (D), the patient has less pain than the treatment starting point. The next treatment will cause more inflammation (E), though this inflammation facilitates even more healing. As the graph indicates, treatment will eventually lead to a state of permanently reduced inflammation and no pain (F). At this point, maintenance—rather than treatment—is required. You can maintain your progress through self-massage and stretching of the affected areas, particularly before and after physical activity.

### Facilitating your Recovery

After treatment there will often be an increase in inflammation, which sometimes means an increase in pain! This pain can last up to three days, but it is very easily treated. Applying an icepack to the affected area is the easiest way to ease pain, though mild doses of anti-inflammatories can be taken for more persistent aches.

Never treat [inflammatory pain](#) with heat. Heat sources will trigger the inflammatory response in your body, resulting in even more pain!

Your doctor will prescribe stretches and strengthening exercises through the course of your treatment. These exercises are essential to your recovery, and will ensure that your body heals as quickly as possible.

