

Rapid Resolution of Joint Pain.

Doug Miller PT, MSPT, Cert. MDT

Here in the office we see cool things all the time. We are often amazed at the wonders of the human body and how simple things can result in rapid dramatic improvements. I thought this week I would share a particular case I saw in the office recently.

The patient is a young active male who enjoys recreational sports and weight lifting. He has been experiencing elbow pain for about 6 months and it has limited how much he can lift and throw. He is not doing all the things he likes because of this pain. Sometimes the pain comes and goes, sometimes it is there all day. Sometimes it hurts A LOT.

He has good range of motion but it hurts to bend the elbow all the way. It hurts to do a bicep curl with 15 pounds and also hurts during push ups. When I test the muscles, his bicep is strong but painful. Nothing he has done between stretching and rest can make this pain go away. But here is where the cool part comes in.

At Shoreline Physical Therapy, we make something called “repeated end range movements” part of our evaluation process. When I had the patient fully straighten his elbow while adding pressure to exaggerate the stretch, he felt a strong stretch with no pain. I had the patient perform this stretch 10 times while placing weight through his arm. At the end of that set, he had no more pain while bending his elbow. He could also lift the same 15 pound dumbbell repeatedly without pain. He tried push ups, again with no pain. His elbow pain had vanished.

After continuing this stretch at home over 4 days, he is still pain free with all activities and increasing his weight lifting again. Six months of pain resolved with one simple movement. Our bodies are amazing. Sometimes we just need a little guidance in how to move in the correct direction to allow our joints to heal and our function to improve.

So don't wait. If you are having joint pain that is new or long-standing, schedule a consultation with our staff. We are glad to sit down and explore treatment options. Ultimately, we may find some simple solutions to your pain by getting you to move in the right direction.