2017

Healing Touch PT &
Rehabilitation P.C.

Dr. J Peruvingal DPT

[IS PAIN A BAD THING?]

Pain is not a bad thing in fact- it's a good thing! Learn how to use pain to your advantage.

Is pain a bad thing?

Pain is not a bad thing in fact it is a good thing! How can pain be a good thing? Allow me to explain it. Think of pain as the warning sign in the car. When the warning sign pops up, you know there is something wrong with the car therefore, you go to the Mechanic to check it out. Similarly, when you have pain the body is trying to tell you there is something wrong and to have a musculo-skeletal expert check it out. Do not try diagnosing and treating yourself, leave that to the experts! After all they went to college and have acquired the specialized knowledge.

Pain is never a bad thing. It is usually a warning sign of an underlying pathology. When the expert perform a thorough assessment and find the true cause of pain rather than provide symptomatic treatment, this can be a blessing. Unless the cause of pain is identified and treated, the pain is guaranteed to come back. Therefore, it is essential to find the cause and treat it rather than provided symptomatic treatment to mask the pain temporarily. The expert has to be patient and methodical in their approach. It is definitely the right approach to take even though it can sometimes take longer than just providing a quick temporary fix.

Treating is the easy part, diagnosing and determining what is the true cause of pain is the hard part. There are two important components to this: 1-Clinical skill 2-People skill. Not only does your therapist need exceptional clinical skills, it is also very important for them to connect with you. For example, you might present with knee pain or elbow pain but if the therapist doesn't do an in depth evaluation, then they will not know that the pain is exacerbated by you playing with your kids and unless they teach you proper body mechanics along with treating the pain you will continue to have pain. For a Therapist to find out the true reason, they have to connect with you at a deeper level, not seen in a typical mill type of P.T practice. They do not have the time and they don't care enough about the outcome you are hoping to achieve with Physical Therapy. The P.T should be able to come down and connect with you at the point where you are and bring you up to where you should be knowledge

wise regarding your condition. You and the therapist must connect with each other then only will both of you be on the same page. Being on the same page is so important in coming up with a treatment plan where your concerns are addressed with best the clinical tools. No one tool is better than the other, it depends on your needs. Hammer is not better than scalpel; it really depends on your need. If the Therapist knows what outcome you are hoping to achieve with Physical Therapy, they will be able to choose the best tool for achieving it. This is why it is critical that your Therapist connect with you.

Your difficulties/problems are matter of life and death to you but to your Therapist your case is one among the many in their case load, this is why it is imperative that you must form a connection with your Therapist. There must be a good rapport with your Therapist in order to achieve the best outcome. Bottom line for any physical therapy practice should be to help you achieve your goal as early as possible rather than collecting as much money as possible from your insurance company with unnecessary visits. This is where ethics and core beliefs of the P.T place you select come to play.

What are their goals, making you better fast or making most money from your insurance company?

Will they allow you to use the clinic for Home Exercise Programs your P.T showed you so you can speed up your recovery?

Unfortunately most places don't want you get faster, how can they make money if you get better fast? Unless the P.T place is a true expert in what they do-they will never offer self-treatment books! How can the P.T place make any money if everyone starts to self-treat? Only practices that are very good in what they do will want you to self-treat certain conditions so they can help you with ones that are more difficult. If practices believe in what they do, then why can't they guarantee the result you can get? Is dealing with the P.T practice a pleasure or a pain? Are they easily approachable or is it difficult? If you have any problems or difficulties, will they be able to solve it immediately or does it take forever? Do they offer complimentary transportation in case you ever need it?

Why would you take chances of going to a P.T place hoping your insurance pay? If your insurance does not pay, you are liable for it! Are you okay with that?

A good P.T knows the pain is like an iceberg, there is a much deeper pathology brewing. Why would anyone not get down to the bottom of it and take care of it? The P.T practice probably wants you to come back. If the practice took care of the problem on the initial encounter, chances are you don't need to go back but if they just bandage it then of course you are guaranteed to go back! Unfortunately, many P.T practices focus on how much money they can make out of you and never look out for you. If you are lucky enough to find a place that is looking at the welfare of their patients then keep them! Such places are becoming harder to find. Most places have the goal of making the most money with your insurance regardless of what is best for you. Such places could care less about what outcome you would have with your Therapy. If you have pain and insurance covers Physical Therapy, why wouldn't you take care of it? It is much easier and cheaper to take care of a small problem rather let it big and deal with a complicated diagnosis. Choose a good reputable place, which places your goal at the center and takes care of It and you will see that you and the practice will have a common goal. They are trying to solve your problem and not their problem of meeting finances for the next payroll with unnecessary treatment visits. Treatments should be minimized as it reduces the inconvenience for you, for the payer, it reduces the cost and for the P.T practice, they can treat more people in pain but how many places see it that way? Regrettably most places are looking to make the most money from your insurance!

Your P.T must be a good listener. They should be able to understand all the difficulties you are facing with your condition so they can offer the best solution to your needs. Get connected with your P.T really well so they can identify things you must watch out for in the near future. It's one thing to have great clinical skills but what's the point if your P.T doesn't have any people skill?

Expensive tests can be avoided if you can take care of the problems as soon as they show up. Greater damage could be avoided if you begin treatment immediately. You should have a thorough understanding of what happened, why it happened and how you can be avoided in the future. This is why

education/self-treatment is so important- you can avoid going to therapy for every little thing! A good P.T place should always encourage this if they have the wellbeing of you in their mind. Bottom line, find a place that truly cares about your wellbeing. Find a place that you can trust completely with the most important priority: YOUR HEALTH. If you have good health, you can achieve most of things over time. Find a place that you can connect with.

In order for any relationship to last long, it must be mutual based on TRUST. When a couple stands and places their back against the other persons back, you now have eyes behind you! Do you think you would have an advantage over a single person in a competition? Well business relationship is no different than personal relationship; you must have TRUST in the business. Both of you should never have competing agenda's. The end result should be mutual and you should be able to achieve results fairly quickly. Any business transaction should be based on trust and relationship-without those two in place transactions won't last for long, if it takes place. Your aim should be to find a place that you can trust for long term and not search for a new company every time a need arises.

For an organization to thrive, it must be driven by a purpose. Any competent P.T place can treat you for the obvious physical symptom you present with but if an organization has your interest at heart, they will go much deeper. When they start viewing you as a client who is under their care and wellbeing (Jay Abraham), don't they want the best for you to function optimally? They should feel a moral obligation to make you function optimally since you are in their life (Frank Tarkenton). Do they call you to see how you are doing after discharge or if you were attending therapy regularly and you suddenly stop?. May be you had a death in the family or there is an auspicious occasion happening in your family, do they even call you to find out? A business that truly cares about its client cannot leave emotion out of any transaction they conduct. There must be a bond formed between you and the P.T practice you chose, for you to go to them over and over. We hope you are able to find such a place.

TO GET IN TOUCH WITH US, CALL 516 616 0942

Request Your Appointment