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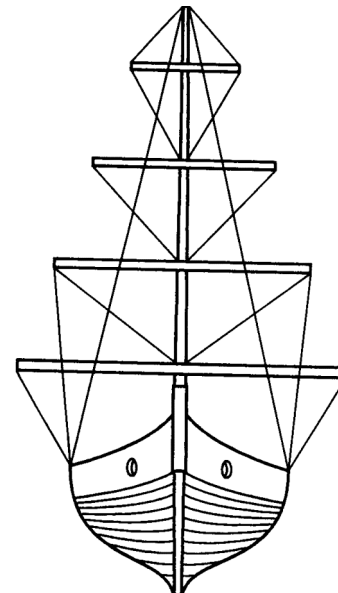
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Rehabilitation:

Many injuries treated at this clinic require rehabilitation. If you have questions regarding whether you are a good candidate for rehabilitation please read the article entitled “What is rehabilitation and how do I know if it is necessary?”.

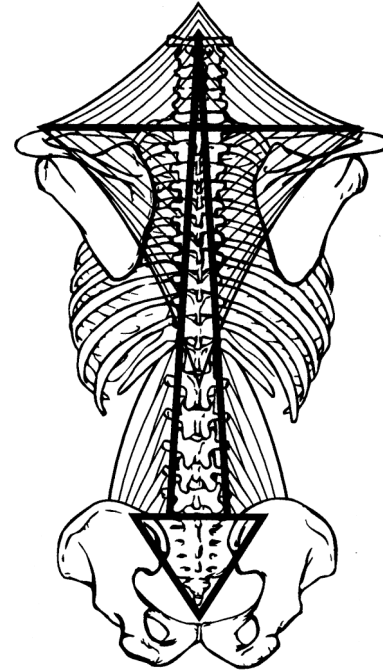
Rehabilitation is used to teach the injured area how to function normally again. In a normal joint, the muscles are responsible for moving it in the most efficient way. When an injury occurs and a joint is traumatized then the muscles that protect and move the joint may be short circuited. They will work less efficiently, not as fast, or not at all. So the joint is now not functioning normally and it heals slowly or not at all.

When talking about your spine, most people have heard the term “core”. When asked what “core” is most people point to their stomach. The core actually begins at the base of the head and goes to the hip area. We have inner core muscles and outer core muscles, with each group of muscles performing a different job. The inner core muscles are designed to prepare the joint for movement by holding the joint in its most stable position. Then the outer core muscles move the whole area.



Compare your spine to the mast of a ship. The mast is held in position by a group of wires or rope, some attached close to the mast (inner) and some farther away (outer). By

using multiple guide wires (inner and outer) the mast is more stable. Your spine works in the same way; it is stabilized in layers. When you need to move, the inner core muscles tighten each individual joint and prepare it for movement, and then the next layer of muscles tightens 2, 3, and 4 segments of the spine together. Finally the outer core muscles are responsible for moving the entire spine in the direction you want to go.



An important concept for rehabilitation then is to know how to engage and strengthen the different layers that stabilize any joint. When the inner and outer muscles work together the joint returns to normal and pain disappears.

Many rehabilitation programs fail, not because the exercises were wrong but because this concept was not followed. The outer group of muscles is used first or at the wrong time during the movement and the joint is aggravated or the exercise doesn't get rid of the patient's pain. Knowing what muscles should be used and when is important in first choosing an exercise. Second we have to be able to teach you, the patient, how to do the exercise so as to get maximum benefit. When you are far enough along in your treatment to start exercising, this concept will be re-introduced. We are also of the belief that you should not exercise through pain. The old adage of no pain no gain does not apply to rehabilitation so be sure to discontinue the exercise and let us know immediately. If you have any questions please feel free to discuss them with your doctor and therapist. The only way to get you back in the game faster is to do it the right way.