

## Are you breaking the law?

There is a great principle that describes what we do ourselves as athletes and in everyday life that Dr. P. Michael Leahy proposes. It is called the Law of Repetitive Motion. It says that a knot, ache or pain you feel in your joints or muscles will be affected or further damaged by the time, reps and/or miles of exercise you do. This damage is then magnified by the amount of force applied to the affected area while exerting your body. As an athlete, perhaps you are putting yourself at risk by ignoring your bodies warning signs, overtraining or not allowing sufficient rest and recovery time. If so, then you are guilty of breaking the law. This, my marathon, triathlete and exercise/workout friends, is how an ache or pain slowly becomes a repetitive stress injury (overuse injury) or cumulative traumatic disorder. Either of these unfortunate outcomes cause you to take unwanted time off from workouts, necessitate treatments, and/or could lead to permanent dysfunction.

The body has defense mechanisms in place when attempting to repair these overused areas. It does so by forming adhesions and scar tissue. This action could be effective in protecting us from further damage if we stopped the activities that caused them. However, if you choose to ignore the subtle warning signs, these areas with adhesions and scar tissue will become less pliable, less efficient, less elastic and more susceptible to further injury. This can then cause a negative feedback loop that interferes with normal function and joint biomechanics thereby limiting one's ability to perform at desired levels.

So what can you do? What are your options? You can do nothing and hope it goes away. In many cases the pain, pulling or sensation can go away, but the problem may still be there. I have seen many people that continually struggle with the same injury depending on how intense their training gets by ignoring the problem. This is an option, but the worst one because ignoring a problem will not make it completely go away. These nagging problems that "come with the territory" will slowly and perpetually creep up on you until it is happening more frequently throughout the year. These are ticking time bombs that are just waiting to put you on a long and unnecessary break. You can go to a provider that may not understand the demands of training on the body. This person can give you a short-term solution that may not address the cause, such as "stop doing that" or "lay off it for a while" (everyone loves to hear those), they may prescribe NSAIDs (non-steroidal anti-inflammatories) and/or palliative modalities to deal with the pains and discomfort, but they may not address the function of your body and how it relates to the tissues and joints. Or you can go to a provider that understand running, exercising and training that wants to see you not only get back to what you love doing comfortably, but excelling at it. There are techniques that get rid of adhesions in the muscles, ligaments, tendons and nerves which restore normal function to the affected areas. The gold standard for soft tissue injury treatment is Active Release Technique® (ART), but there are many techniques and applications that can help. There also is Graston Technique®, Low Level Laser or Cold Laser, Kinesio Taping® and adjustments to the spine, pelvis and extremities to restore proper movement to the joints that the tissues attach to are highly affective forms of this type of therapy.

I love running, training, pushing my body to new heights and the camaraderie that comes along with it. It is my mission to help people get back to doing what they love to do. As a triathlete (IRONMAN) and marathon runner, I run many races and feel how it affects my body. As a chiropractor, I like to look at the mechanics of the whole body as it relates to problems that affect you. I am also certified in full body, biomechanics, and nerve entrapments through in Active Release Technique®. I have also lead the IRONMAN ART treatment team at Lake Placid since 2011. I am certified in Graston Technique and Kinesio Taping®. If you have questions or would like more information about what I do, please do not hesitate to contact me.

Yours in Health, Wellness and Training,

Dr. Stuart Weitzman

