

## WHAT IS PHYSICAL STRESS

*Cedar Park, TX – May 31, 2009*

### **Quick Quiz Question:**

***Which childhood sport/activity resulted in the most emergency room visits in 2006?  
Bicycle riding! 285,000 children (ages 5-14) were treated for bicycle related injuries in 2006!***

Last, but not least, the third type of stress that can negatively affect your health is Physical Stress. Physical Stress is simply every bump, bruise, slip, fall, sports injury, and repetitive injury that we experience throughout our lifetime. Physical stress can be dramatic and obvious (like a car accident), or it can be a gradual, repetitive stress (like an uncomfortable work station which causes you to slump in front of a computer for many hours each day).

Regardless of the cause, Physical Stress is as hard on your body as Emotional and Chemical Stress. The problem is that many people don't realize that past injuries can add up to future health problems. To some people, once the bruises fade away, the trauma is quickly forgotten....unfortunately, your muscles and joints have a longer memory.

The good news is that, even though we can't go back in time to avoid injuries, there are many effective treatments for physical aches and pains that you currently have. For starters, if you are suffering from repetitive injuries at work, you may simply need to shift your chair, desk, keyboard, monitor, or mouse a couple of degrees to take pressure off of your injured areas. If you wake up stiff every morning, it's possible you may need a new mattress or pillow.

If you need professional injury care, then you can always try natural healing methods like chiropractic (obviously my favorite), massage therapy, acupuncture, yoga, pilates, physical therapy, etc...If these don't do the trick, then there are a whole host of medical treatments that may ease you pain.

The most important thing is to take care of your current physical condition now so that your sore spots, muscle knots, and creaky joints don't become progressively worse. As the famous saying goes: "If you don't take care of your body, then where will you live?"