



July 27, 2011 – Grand Rapids, MI

## The Hands Have It

On Monday, I talked about not delaying seeking help when you injure yourself. One of the problems is getting to see a specialist. However, I would add one more thing to that: you have to see the right specialist. That's easier said than done.

In the past 30 days, Paula has gone from walking painfully and barely being able to eat to almost full function of her feet and jaw. The key in each case? Massage.

In the case of her jaw, only when she started getting physical therapy for the slipped disc in her jaw did she start to improve.

In the case of her feet, it was the massage and manipulation of the bones and ligaments in her feet that has virtually eliminated the pain in her feet. It took a lot of perseverance to find the right person who had the knowledge and experience to get her on the way to a solution, but we finally found a podiatrist who concentrates on getting the bones aligned before making orthotics to hold them in place.

I'm not suggesting that every orthopedic problem can be fixed by massage. There was no doubt about the arthritis—I saw the x-rays. Who knew that massage would help her feet? But by the bones being misaligned, it made the problem worse. In both cases, the hands held the key. Keep that in mind if you're ever faced with those types of orthopedic issues.

What are you prepared to do today?

*Dr. Chet*

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