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****Commonly Asked Questions in Neuromuscular Care - Part One**

1. Why are you working on other parts of my body when I have presented with a particular ailment in a certain region?

Here at PIHC, our practitioners look at the person as a whole rather than in parts. Most often, the various 'parts' of the body are inter-related to each other and therefore the recovery is affected by other systems within the body. It is for this very reason that we see our patients as a whole rather than a 'part' and it is also for this same reason that we are able to understand and fully appreciate the talents of our health professionals within our organisation who can contribute to the overall recovery of the PERSON and not the system.

2. Why do I have a treatment plan?

We appreciate things better when our accountant has a plan for our financial future and also if the teachers educating our child have a vision and a curriculum towards their progress. For this very reason practitioners at PIHC establish a treatment plan that is individualised to the person, depending of course on their presenting conditions, prognosis, diagnosis and at time demographic profiles, for example, the kind of occupation that they work in. The treatment plan allows the PIHC practitioner to therefore chart and monitor the progress made over time and at the end of the stipulated time frame, a review is then conducted to ascertain if the patient is indeed on the road towards recovery.

3. How come my neck condition takes longer than my partner's to recover?

This is a loaded gun question simply because many people have this incorrect perception that they will recover immediately or at least very quickly. It is often seldom realised that although our bodies are seemingly quite vulnerable – we are in fact quite resilient but as a species we are largely ignorant of the early signs and symptoms that we should be more proactive in our prevention of injuries as well as proactive in our earlier intervention of these early signs and symptoms. No two people are alike and in many cases such as the one above regarding the neck – the pain sensations felt may well be the same (though I doubt it) yet the source, the intensity, the underlying condition and the biomechanical forces at work may be entirely different. With that – the expected recovery will of course differ and in addition, the level of health of the person also plays a direct part in the equation.

PIHC will bring to you on a regular basis these direct questions and answers which seem to puzzle and confuse a large percentage of the population. It is hoped that with this direct correspondence, our patients will better understand themselves and how their bodies work towards their own benefit and wellness