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Why Do I Hurt? (8746)

Adriaan Louw

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Written by physical therapist Adriaan Louw. Pain is a normal, human experience. Living in pain, however, is not. A big reason why pain rates are increasing is the fact that too much focus has been placed on tissues, such as muscles, ligaments and joints, which generally heal between three and six months. Persistent pain, however, is more due to the sensitive nervous system and how the brain processes information from the body and the environment.

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