



We Help Educate Active Adults Dealing with Pain or Injuries how to Become and Stay Pain Free!



# Why **PAIN** is good...

Do you love playing pickleball, riding your bike or going to fitness classes with friends? Are those things that are important to you? And would like to continue doing those things in the years to come? Then the best thing you can do for yourself is to never ignore the chronic or intermittent aches and pains your body develops. **Pain is inherently something good.** It's what tells our conscious self when something is wrong or your body is hurt. You remove your hand from a hot stove because your skin is burning. You put a bandaid on your heel because you feel a blister forming from those brand new shoes you're wearing that aren't quite worn in yet. The same can be said about your nagging shoulder pain. Although the pain is "tolerable," the pain is your body's way of telling you something is wrong or hurt. Over time, ignoring those aches and pains will lead to something more serious and something that's harder to treat. Don't wait until it gets worse and you have to step away from those activities you love. **Help the future you** by addressing the pain now so you can continue all the activities you love to do in the future. The best way to be active and healthy is to stay active and healthy!

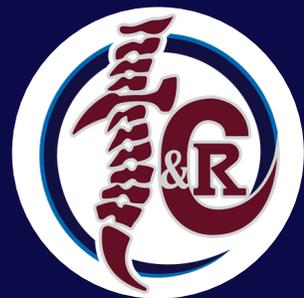
**FREE!**

## ACTIVITY OF THE MONTH

### NORTH CAROLINA MUSEUM OF ART



- OVER 4 MILES OF TRAILS
- ART EXHIBITIONS
- PERFECT PICNIC SPOT
- GUIDED TOURS
- LIVE EVENTS

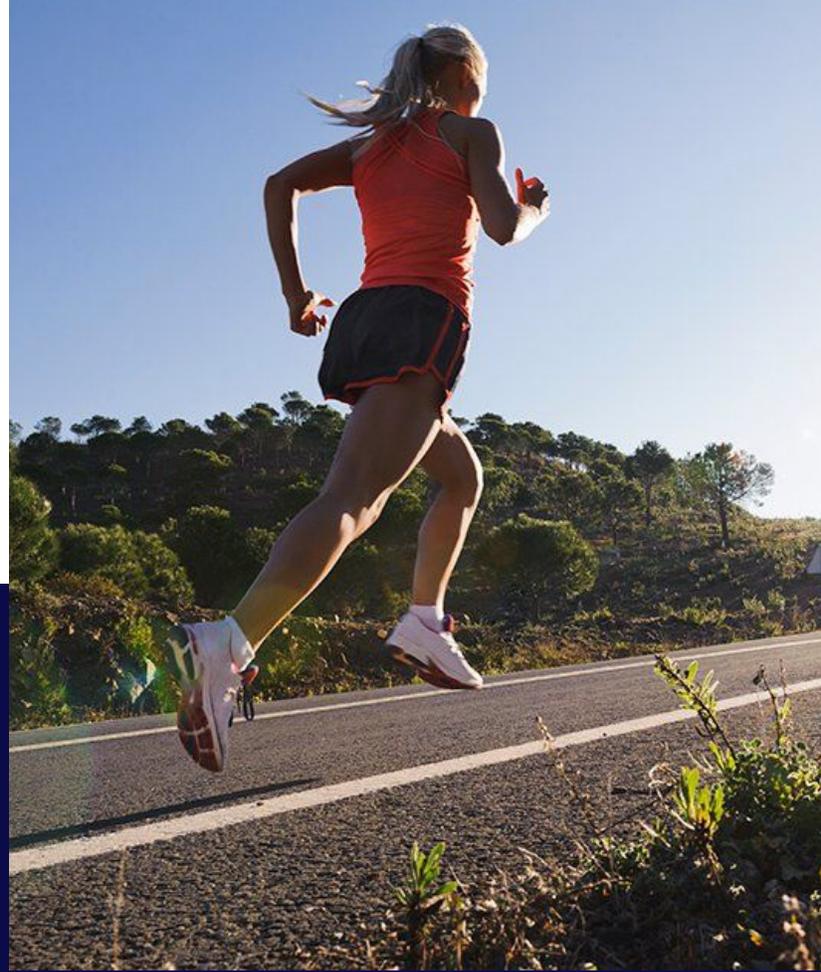


## **FUNCTIONAL CHIROPRACTIC & REHAB**

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**FUTURE YOU  
IS COUNTING ON  
CURRENT YOU**

# “This is my good knee!”



“This is my good knee”... that’s a direct quote from one of our patients. He was talking about pain he developed in his right knee a few months ago. He said what made it even worse was that it was his “good knee.” Have you ever used that phrase before? Do you have a good knee and a bad knee? What about a good hip and a bad hip? Or a good shoulder and a bad shoulder? These are phrases we commonly hear in the office and unfortunately become excuses when dealing with chronic pain. “Oh I always have issues with my left knee, it’s my bad knee.” If you are guilty of using that phrase then you’re not alone, but don’t let that phrase delay you from seeking care and finding a long-term solution. When you ignore pain and push off seeking care, not only can the pain worsen, but it can also lead to issues elsewhere like it had for this patient. He always blamed his left knee pain on it being his “bad knee,” so he never sought treatment for it. Because of that his body started to compensate for the pain causing him to develop issues on the other side. This is when he found us and was finally ready to address the root cause and get a resolution for his pain. If you’re ready to stop using the excuse of a “bad knee” or any other body part, use the QR code below to find out if we can help!

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# HEALTH is your #1 asset

## Book a Free Discovery Call



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