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**Q: My pain comes and goes for no apparent reason, what can be done to figure it out?**

**A:** Physiotherapists are expert detectives when it comes to figuring out pain patterns. It is common for pain from postures or activities to go unnoticed when the individual is concentrating on something else (like data on a computer, conversation or sports). In other cases the painful tissue may lie deep within the body and therefore may not have the pain receptor density that is required to give instant feedback, but is sufficiently sensitive to react to inflammatory chemicals once they have had time to accumulate, often long after the aggravating activity has stopped. This produces a time lapse between the cause and effect making self assessment very difficult. Your physiotherapist is very skilled at identifying these subtle sources of aggravation.



**Gerry Ross**  
H.B.Sc. PT, MCPA,  
FCAMT

318 GUELPH ST., GEORGETOWN • T: 905.873.7677  
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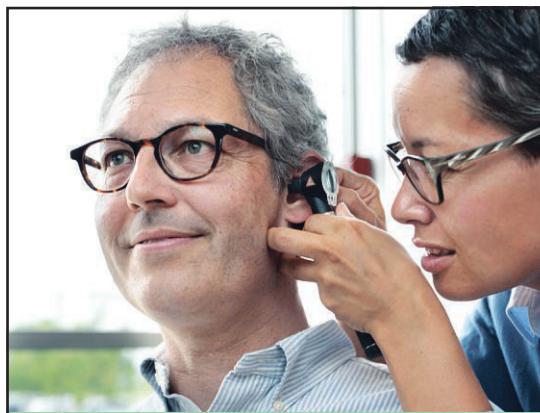


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