



# **ARTHRITIS & other joint pains & neuralgias: It's the muscle -and it can be cured**

*Dr Jan Polak MD*

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# ARTHRITIS & other joint pains & neuralgias: It's the muscle -and it can be cured

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In the explanation of musculoskeletal disorders the skeleton is usually put forward and the muscles tend to be forgotten. This seems to be a mistake, and leads to some common misunderstandings, like osteoarthritis being the cause of joint pain, rheumatoid arthritis being an auto-immune disease, herniated disc as the cause of low back pain, meniscal injury as the cause of knee pain, etc. This in turn will lead to inappropriate treatments like painkillers, which sometimes kill the patient, and anyway never treat the root of pain, or to useless surgery. Misunderstanding the role of muscle contractures in other ailments like scoliosis or migraine, or urinary incontinence, etc., did not so far allow a disease-modifying treatment. All the above-mentioned disorders can however be cured, in most of cases, by simply treating manually the causal muscle contractures. Muscle contractures are post-traumatic muscle spasms, which have no tendency to heal by themselves, and which, sometimes immediately, but often after a longer or shorter period of latency, will be the cause of most musculoskeletal disorders, by generating pain, hindering joint movements, or by distorting a joint or the spine, or by compressing nerves, thereby causing a neuralgia like a sciatica, or all this together. They are also the cause of osteoarthritis, and of the symptoms wrongly attributed to it. They are however quite easy to cure in most of cases. This book will explain the origin, the mechanism and the consequences of muscle contractures, as well as the mechanism of joint pains, scoliosis and migraine, urinary incontinence, etc., and the principles of their treatment. It is not a handbook, but we will present several surveys showing the efficiency of a simple manual treatment of the muscles that are the prime movers of these diseases.

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