

Dealing with chronic pain

RIGHT SIDE OF THE LAW

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I suffer from back pain, so I understand pain. I have scoliosis, yet I happily carry around my 40-pound-son and 15-pound-daughter.

After an accident or fall, it is common to have pain. It is less common for the pain to continue beyond six months. Pain that exists for years is chronic. It is important to get the right treatment.

You may ask, who do I go to? I always tell people to ask their doctor

whom they recommend. However, the types of professionals may differ. Some people swear by physiotherapy, others massage. You need to try different types of treatment to find what works for you.

I do believe exercise and strengthening is overlooked. I use a personal trainer, Sharna Florence at www.floxd.com. She helps me strengthen my core to support my back. It has worked wonders.

It is important to constantly do something or your pain will likely deteriorate and cause other issues, such as depression over your condition. Talk to your treating professionals and do not give up trying to find a solution. With no magic pill, it can get depressing trying to combat such a

difficult illness.

If you have been injured in an accident or fall and need advice, call a lawyer. Lawyers often have networks of rehabilitation professionals they work with who can help you with your recovery. Most of us have a medical team we rely on to ensure our clients get the proper support.

If it is not accident related, go to your doctor or visit your local clinic for an assessment. A body in motion remains in motion; make sure yours does as well. ■

Sandra Ziskind provides an educational article for viewing, it should not be construed as legal advice. If you need Legal advice, please contact a lawyer or Sandra Ziskind at 416 850 PAIN



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