

The Single Most Irreplaceable Step to Successfully Overcoming Pain,

*especially when other treatments have failed or
plateaued.*

**Forever change how you care for your
body.**



Zero Point One Physical Therapy
245 5th Avenue, 3rd Floor New York, NY 10016
Young J. Cho, PT, DPT, CFMT

Introduction

Imagine that you're a homicide detective who just got called to a crime scene for a possible murder. You show up to the crime scene and there he is. A man laying facedown on the ground with blood pooling around him. There appears to be at least 3 gunshot wounds on the man. It's most likely the cause of death. You turn to your right; there's a gun on the ground and a woman being handcuffed by a police man. A woman yelling "I shot him. He deserved it." She explains exactly how the murder went down, why she did it and her story is consistent with the timeline and the crime scene. Tragic, but case solved.

That's a layup for a skilled detective. Matter of fact, the neighbor, who has no experience being a homicide detective could arrive at that same conclusion and solve the case.

Now imagine, that you're still the same homicide detective as above and you show up to the same crime scene. The man is still laying facedown on the ground with 3 gunshot wounds, but the woman is not there. In fact, the murder weapon is nowhere to be found. While examining the crime scene, it doesn't appear that there was any struggle, but you find a handwritten note tucked in between his fingers. You pick it up and it reads, "I shot him. He deserved it."

And the case begins.

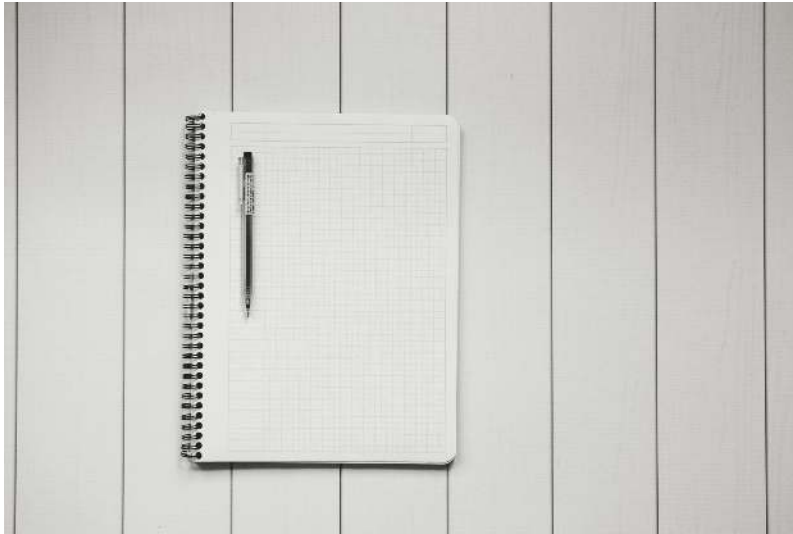
I apologize for the grim opening, but here's my point. The first story has a start and an ending. The story makes sense and the results are indisputable. In comparison, this is like the type of pain that resulted from a typical injury you've had in the past: let's say bumping your head on the kitchen cabinet, which resulted in a moment of dizziness and a week of having a bump on your head. You haven't thought about it since. The story makes sense and the results are consistent with a mild contusion of the cranium. Uncomfortable, but case solved.

The second story is perhaps more like your personal struggle with pain. The only thing clear in these stories are the results; the man is dead and you're in pain. We may not know exactly how it ended in this result, who/what is responsible and have limited clues to work with. The savvy detective will have to gather all the clues that he can and try to piece the puzzle back together.

The **biggest difference** in the murder story and your story is that, you do not *deserve* to be in pain. But, one thing is certain; you do need a "detective" to help you in your story.

What's Your Story?

The single most irreplaceable step to successfully solving the case in your story is to thoroughly understand everything we can about your pain. In order to solve pain that doesn't follow a typical healing timeline, you'll waste time and money trying a bunch of typical and random treatments without fully understanding it. We need to build a strategy plan based on our understanding of human anatomy, movement and most importantly, your story.



What's Your Story?

Behind every pain, there's a person, and behind each person, there's a unique story. Pain is interesting because it is a sensation produced by your OWN brain as a protective mechanism. It's a warning sign from your brain that something MIGHT be wrong. It's signaling you to take action. What makes it more interesting is that your pain will be influenced by your past personal experiences and beliefs. This is why understanding every story is crucial and each case needs to be individualized. As cliché as this is to say, I don't just treat certain medical conditions. I treat people with certain medical conditions. For me, it's important to make that distinction because it personalizes every encounter. Let me repeat it. There's always a unique story and person behind every pain.

You're most likely here because you are looking for answers about a problem that you are having with your body.

- Maybe it's pain that's not getting better.
- Maybe it's pain that comes and goes periodically, and you're starting to get worried about it.
- Or maybe it's an injury that you've sustained, and you're considering surgery or you are having difficulty recovering from a surgical procedure.

You're At The Right Place

The bottomline is that pain is preventing you from moving freely and enjoying the lifestyle that you want to.



You're At The Right Place

Please allow me to start by **congratulating you** on taking an active role in your health. By fate or good research, you've landed here and it's not a mistake. I want to reassure you that if you are having a problem with your physical body and you're looking for solutions, you are in the right place.

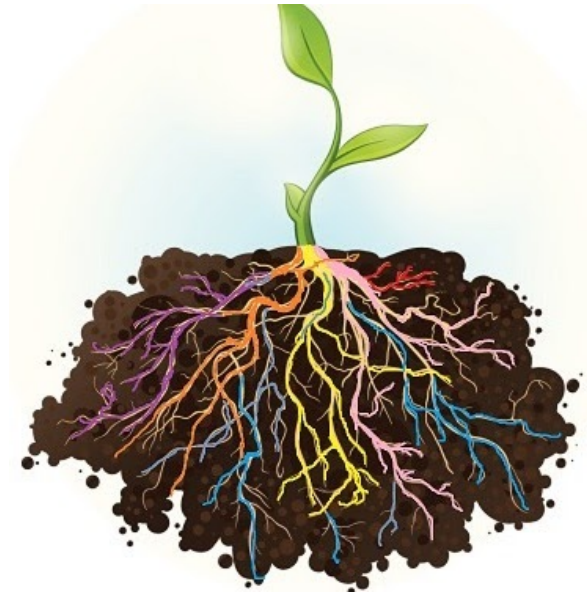
Most pain and injuries get better within a typical timeline. For example, minor soft tissue injuries like sprains and strains can take about 2-4 weeks to heal and a broken bone can take up to 12 weeks to heal. You're still reading because:

Your pain & injury is not following a typical healing timeline.

1. Other treatments have failed or plateaued.
2. You're tired of trying to ignore or mask the symptoms.
3. You're ready to get to the bottom of all this and get back to moving freely without the burden of pain.

I understand the frustration of being stuck in pain, and I can help you overcome your pain & injury, and get you back to your favorite activities.

Differentiate the Source & Root Cause of the Problem



Differentiate the Source & Root Cause of the Problem

So, why isn't your pain & injury following a typical healing timeline?

The two short answers are:

1. The body part that is giving you pain has not been properly addressed.
 - We call this the **source** of pain.
2. The reason that led to your pain or why you were injured has not been properly addressed.
 - We call this the **root cause**.

These are typically two very different factors. It is important to understand and address the two separately, if you want to create lasting changes. Furthermore, there's a reason why your pain and injury did not follow a "normal" healing timeline. And, this reason requires savvy detective work to get to the bottom of it.

Sometimes, the source of pain may be referred as the "medical diagnosis" and the root cause of pain be referred as the "functional diagnosis".

Understand the Origin, Nature and Behavior of Pain



Understand the Origin, Nature, and Behavior of Pain

Now the question is how do you address the source and root cause of your pain & injury?

It is first by understanding that:

1. In almost *all* cases, pain has an **origin** story.
 - It could be from an apparent injury.
 - It could be through wear and tear and start gradually over time.
 - It could be from compensations developed from past injuries.
 - It could seem like it appeared out of no reason at all but there typically one or more triggers that started this cycle.
2. There's a **nature** to the pain.
 - What are the types of sensations you feel?
 - What makes it better? What makes it worse?
 - Is it movement based? Position based? Time based? Stress based? Inflammation based?
 - What's the intensity of the pain and how long does it last for?
 - How often do you feel this sensation?
3. Pain has a **behavior**
 - Most musculoskeletal and neuromuscular pain has a cause and effect.
 - Identify postures, movements, and habits that are related to this behavior.
 - There are things you can do today to start the healing process. You just don't know what it is yet.

Gain Clarity to the Source & Root Cause of the Problem



Gain Clarity To The Source & Root Cause of the Problem

Once you differentiate the source and root cause of pain, and have a better understanding of the pain, you need to gain **clarity** about the problem. Proper diagnosis is key. And to properly diagnose a situation, you need a clear understanding.

Did you know that 80% of your diagnosis can be made utilizing subjective history alone?

This means that YOU have the answers within you to understand why you are in pain injured, and limited in function. It is my job to ask you the right questions & listen so that I can help you connect the dots and figure out a strategy to solve the puzzle, which is your body.

However, patients are interrupted, on average, 11 seconds into their physician/medical visit.

A physical body exam, medical imaging and providing recommendations, prescribing medications and implementing treatment **without** knowing the patient's story is like going shopping for clothes without knowing the occasion you are getting dressed for. You might come home with the right wardrobe but you just wasted a lot of money and time buying outfits you don't need. And, the difference between clothes shopping and your medical visit is that you can't go back and return your body for a refund. You only have one body. No matter the medical advances in modern medicine, the body you are born with is most authentic and valuable. Your body is precious; treat it as such.

Specific and clarity in understanding your body and problem are keys to saving time, money, and most importantly, receiving the best care for yourself.

A Detailed Hands-on Assessment Can Be a Game-Changer



A Detailed Hands-on Assessment Can Be A Game-Changer

We discussed how 80% of the diagnosis can be through a subjective history. You can get a deeper understanding of the diagnosis through a detailed hands-on assessment. This is where you can begin to shed light on the rest of the 20%.

There's an **art to the physical evaluation** of the human body.

By **physical evaluation**, I'm referring to a clinical examination to assess and diagnose an injury or condition. As Doctors of Physical Therapy, we are equipped with this valuable skillset.

Studies have shown that performing a rigorous physical evaluation by a skilled clinician has the **diagnostic power equal to or better than MRI** in the determination of a diagnosis. Yes, you read that correctly. Radiographic imaging, including MRIs, is an essential tool in medical care. However, it should not be the gold standard for diagnosis. MRIs are not as accurate as you might think and on top of that, there is also the human error in the radiologist that interprets the MRI. We must use sound clinical judgement to determine what is the best combination or cluster of testing to confidently get to the proper diagnosis.

In addition to using the physical evaluation to arrive at a diagnosis (this would be the **source of pain**), a full-body evaluation can give a clinician insight into potential clues to the detective work and inch closers towards determining the **root cause(s)**.

Now this next skill is unique to a physical therapist who is specially trained in manual therapy:

This may be an odd concept at first. Every tissue in our body has a "feel" to them. This includes everything from joints, fascia, muscles, ligaments, nerves, visceral organs and even blood vessels. You can get an assessment of how healthy, inflamed, restricted, tight, stiff, etc these structures are through a hands-on assessment.

A Detailed Hands-on Assessment Can Be a Game-Changer

I firmly believe in this next statement:

A highly trained physical therapist is an absolute vital member of the healthcare team in properly assessing and treating the body through a hands-on approach.

There is invaluable information you get from the sense of **touch** that can gather insight about someone's pain and injury that no other sense or modalities can, including radiographic imaging. It puts a **quality** to the problem at hand. Pun intended.

There's a group of people that I come across in my office, whose pain is not explained by x-rays, MRIs, CT scans, etc. These are the people who're often told to "give it more time", "it's just aging", and dare I say, "it's in your head". However, a thorough hands-on assessment of the problem area is extremely revealing why they're still in pain.

If you have never been assessed and treated by a skilled manual therapist, you are leaving a significant portion of your body's potential to heal and move on the table. Posture and movement are crucial but there are joint stiffness, tissue tightness, fascial adhesions that no amount of exercises, stretches and massages can improve.

My Highest Recommendation:

- Just like it is recommended going to your dentist for a cleaning every 6 months, check in with your trusted physical therapist for a routine assessment & treatment, even if you're not in pain.
- **General Rule of Thumb:** Check in with your trusted physical therapist if there is tightness, soreness, stiffness, and pain that is present for more than 2 weeks, especially if it is slow to improve or not improving.

Start to Strategize a Game Plan



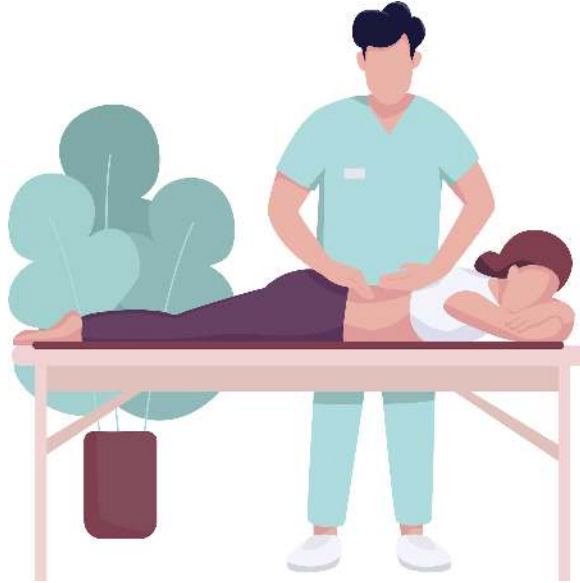
Start to Strategize a Game Plan

The game plan is possible because we have a deeper understanding of your body. This is also how we learn to prioritize one plan over another.

Here are some examples of what we can do to improve pain & start the healing process:

1. Identify and remove the aggravating factors to your pain.
2. Improve Daily Postures and Movement Habits.
3. Address soft tissue issues and mobility restrictions with manual therapy.
4. Retrain the body to move properly again.
5. Optimize the 4 Essential Pillars of Health & Wellness.
 - Breathing, Sleep, Nutrition & Exercise

You Need a Personal Physical Therapist on Your Health Team



You Need a Personal Physical Therapist On Your Health Team

At this point, lack of motivation is most likely not the reason why you are still dealing with your problem. You just have not found the right support system to help you overcome this issue. It's not your fault. And, you're certainly not alone. Despite the advances in medicine, the prevalence of pain and injuries are only rising. Movement is one of the essential pillars of health & wellness and it's so important to have someone who understands your body better than you. You need someone who knows your body and understands how movement impacts the body.

There's a time and place for everything. You might be stuck in a rut and we'll help you identify what the **source** and **root cause** of your problem is. After reading this article, if these topics have not been addressed during your previous treatments or no one has given you clarity on the difference between the source and root cause of your problem, well, the good news is that you have a ton of potential to improve.

You Need a Personal Physical Therapist on Your Health Team



Hi, my name is YJ Cho and I'm a physical therapist who believes that every person is unique and equipped with untapped potential to grow and change. Your age, injury history or medical diagnosis should not define the limits of who you are or keep you from living the lifestyle that you enjoy.

I understand the concerns of where you are because I know how frustrating it is to feel stuck living with pain and lose the freedom to move at will. Even worse, it's concerning to not know why things are not improving. Which is why I specialize in helping people like you overcome pain and injury, and get you back to your favorite activities, especially when other treatments have failed or plateaued.

Too many adults get stuck living with pain & injuries that can be improved. Life is too short to live with pain & you deserve better. Don't settle for less than what your body is capable of and let me help you take control of your body. Get back to living the lifestyle that you desire, without the burden of pain.

This practice was created with **you** in mind. Whether you have been stuck living with pain, have hit a plateau in your recovery from an injury, wanting to rejuvenate your body after years of active use and compensation, or looking for ways to support your active lifestyle, I can help.

Start your healing process today and schedule **an appointment** with me below:

Schedule an Appointment

Let's Connect.

We would be happy to answer any questions or concerns you might have.

Zero Point One Physical Therapy

245 5th Avenue, 3rd Floor

New York, NY 10016

p: (718)521-6265

e: info@zeropointonept.com

w: www.zeropointonept.com

