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How the Body Repairs Itself

The human body miraculously employs many different methods to heal itself. Let's examine just a few, by comparing how the ankle, knee, and spine react to injury.

The Ankles

Our ankles swell when injured, because they possess a larger number of lubricating sacks (bursa). Nerve endings attached to the bursa become stimulated from subtle ankle movement and transmit pain impulses which ascend the leg and enter the spine to the brain.

The Knees

Our knees, on the other hand, must employ a different method of protection because they have a limited number of bursa. Knee injury activates complex neurological reflexes which temporarily weaken thigh muscles. The quadriceps, and hamstring thigh muscles are suddenly turned off, allowing the knee to give out.

The Spine

The spine, on the other hand, uses an entirely different means. It employs small muscles when damaged because there are few bursa and large muscles available. The result is spasm-like pain and rigidity. In addition to limiting motion, spinal injury often leads to fatigue, depression, anxiety, and a general state-of-intolerance.

In Health,

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