

Where Do D-Generates Break Down?

Repetitive stresses and strains of life (bending, lifting, twisting, sitting, standing,) cause muscles to tighten. Over time, the breaking point may be reached and microscopic tears in the muscles and ligaments can cause swelling, pain and more spasm. As the tears heal with scar tissue, trigger points and adhesions can form in the muscles and ligaments and areas of restriction can develop in the joints. This pathology of **spasm, swelling and scarring (the 3 S's)** causing **mechanical dysfunction** and **fixation** within the joint is very comparable to that of a **Frozen Shoulder Syndrome**. There are places in the body that are routinely afflicted and you may have heard of most of these maladies. Remember for most, it is the build-up of repetitive stresses that eventually breaks the tissue down.

