1/3 of all people with heel spurs have no pain at all.

50% of all people above age 60 have asymptomatic rotator cuff tears.

Don’t panic if there is a tear visualized on your MRI or Ultrasound.

85% of adults have knee arthritis that does not cause pain.

There is little correlation between degree of degeneration and pain.

1/3 of all people with heel spurs have no pain at all.

Imaging is necessary at times to properly diagnose patients. However, degenerative findings are often NOT the source of your pain.

In the absence of trauma: Your **HABITS, POSTURES, and HOBBIES** are often the real source of your **PAIN**.

Lumbar disc degeneration is present in **40%** of individuals under age 30, and present in over **90%** of those above age 50.

In healthy 20-22 year olds with no back pain **48%** had one degenerated disc & **25%** had a bulging disc.