Opinion

Volume 5 Issue 4 – August 2017
DOI: 10.19080/OAJS.2017.05.555667

Open Access J Surg

Copyright © All rights are reserved by Oliver Neumann

A New Understanding of Pain - DimMak Osteopressure Therapy

Oliver Neumann*

Pain Therapist, USA

Submission: August 19, 2017; **Published:** August 24, 2017

***Corresponding author:** Oliver Neumann, Pain Therapist, USA

Opinion

Common pain can be reduced by 70-100% through everyday practice of Dr. Oliver Neumann's pain therapy techniques, using a hands-on therapy session of around 45 minutes. This applies for both chronic pain, and pain caused by degenerative conditions such as osteoarthritis. This particular pain therapy is based on a new understanding of pain, and was developed through the decades of research and practicing experience by medical Dr Oliver Neumann. It assumes that the majority of pain in the body is to be understood as a warning signal instead of an expression of bodily damage, especially in relation to the musculoskeletal system.

The pain is caused by over tension of the muscular system, and leads to the over-stressing of joints and the spine. Thus the pain is to be interpreted purely as a warning signal instead of, as previously supposed, damage caused by osteoarthritis, disc damage, calcification or inflammation.

These warning pains are messages to the body that certain pressures or strains should be stopped to prevent from lasting damage. By suppressing this pain through medication, or ignoring it over the long-term, with the time it could induce an extremely huge damage that the body had been warning.

Pending consequences include cartilage tears, disc damage, bad posture and the overstraining of tendons and ligaments. The treatment procedure used in this pain therapy involves specific pain pressure points, which lead to the releasing of muscle tension. This, followed by specific stretches/exercises which can be done at home, assist our body in re-establishing the balance of muscle activity. A permanent, pain-free existence completely free of medication and surgical intervention is guaranteed.

This procedure can be applied to several types of pain ranging from acute pain to the chronic. Patients whose condition is considered untreatable can also use the DimMak pain therapy to relieve themselves of pain and thus improve their quality of life. Treatable illness-models include:

- a) Osteoarthritis in all joints
- b) Slipped discs/disc protrusion
- c) Fibromyalgia
- Frozen Shoulder
- d) Spondylolisthesis
- Golfer's elbow
- e) Lumbago
- Hip pain
- f) Sciatica
- Shin splints
- g) Calcific tendonitis in the shoulder
- h) Carpal tunnel syndrome
- i) Knee pain
- j) Headaches
- Lumbar spine pain
- k) Meniscus pain
- l) Migraines
- Neck pain and tenseness
- m) Upper, middle and lower back pain
- n) Shoulder-arm syndrome
- o) Tennis elbow
- p) Fibromyalgia syndrome
- q) Thegosis/Bruxism et al.

This work is licensed under Creative Commons Attribution 4.0 License
DOI: [10.19080/OAJS.2017.05.555667](https://doi.org/10.19080/OAJS.2017.05.555667)

**Your next submission with Juniper Publishers
will reach you the below assets**

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats
(Pdf, E-pub, Full Text, Audio)
- Unceasing customer service

Track the below URL for one-step submission
<https://juniperpublishers.com/online-submission.php>