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**Muscle Pain And Children Do Not Mix**

**By David Leonhardt**

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I am in pain. I've been in pain all day. Last night, I was in "searing pain", which is pain multiplied by pain, divided by relief, then multiplied by pain to the tenth power. In case you are not a math whiz, that equals pain with 33 zeros after it. Two days ago, I was in pain (just regular pain, no zeros). In fact, I was in pain all week.

Welcome to my humor column.

Actually, pain is not really all that funny ... unless it happens to somebody else. Oh, come on. Don't get all sanctimonious on me. Pain is the very essence of the Bugs Bunny Show. And the Three Stooges. And every sitcom that relies on personal slights and insults. Without pain to tickle the funny bone, the entertainment industry would be no bigger today than George Bush's collection of feminist literature.

Of course, pain is funny only when it happens to somebody else. It's a lot like reality TV. If it was you stranded on a desert island with a dozen other maniacs, trying to cook worms without emptying your stomach first, would you feel "entertained"?

Fortunately for the deep-pocket sponsors of reality TV, it's not really very real. As long as somebody else is enjoying their makeshift meal of gourmet slimies, it's called entertainment.

Unfortunately for me, my muscle pain is real. It's in my back. It's in my side. It hurts when I bend, twist, or make any sudden movement not approved by the FDA, the DEA, the IRS, the RCMP, the CIA or Interpol.

I did something stupid. No, I did not try a triple summersault on my snowboard in the Rockies. Unfortunately, it was not that stupid. But I did pick up 37-pound Little Lady to place her in her high chair. And I did use just one arm, off to the side, while fiddling with the high chair straps.

## Muscle Pain And Children Do Not Mix

I was keenly aware of the exact moment that God said, "It's about time you learn a lesson about physics and biology and all those other subjects you so smugly weaseled your way out of in high school." Ouch.

Parents of young children deserve immunity against muscle pain. A young child should be a "get out of pain free" card. You get to go directly to health, do not pass the hospital, do not pay \$200.

Why special treatment for parents of young children? Because they never get the chance to fully recuperate.

Children demand 100 times more physical interaction than adults. And guess what? They want it at their level ... which means bending over. Ouch.

Children are unpredictable, which means they might suddenly grab your leg with enough energy to fell an oak. Since there is rarely an oak in your living room, your leg falls with you attached. Or you react to keep yourself from falling ... which means twisting. Ouch.

Did I mention that kids want to play a lot? Running. Dancing. Chasing. Throwing. Rolling on the floor. Can you resist? Of course you can. "Catch, daddy." Oops, I forgot. Ouch.

OK, how about playing something calm. I sat Little Lady in her high chair (without twisting this time) and placed some Play Dough in front of her. "Please, please, please stop dropping chunks on the floor where I have to bend reeeeeeeally low to pick them up." Ouch.

A parent of a young child simply does not have the opportunity to heal. He just keeps re-injuring himself over and over and over and over.

So if you notice my columns growing less funny and more painful, please don't laugh. It's my pain, and it is real.

The author is David Leonhardt, The Happy Guy, publisher of Your Daily Dose of Happiness at

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**Levator Ani Syndrome: A Real Pain in the Butt!**

**By D. Herren**

Levator ani syndrome is one cause of chronic pelvic pain. The typical symptoms of levator ani syndrome include rectal butt spasms, rectum pain and tightness, and a sensation of fullness. It is sometimes associated with proctalgia fugax, which is defined as a short, sharp pain in the rectum. Levator ani syndrome, on the other hand, tends to be more constant pain. The pain is located in the pelvic floor muscles in the rectum, mainly the levator ani muscle.

The root cause is pelvic floor muscle tension or myalgia. In simple terms, it is muscle knots in the internal walls of the rectum. These "knots" are usually referred to as trigger points. When these tiny knots are active, they can cause great pain and a sensation of tightness and burning in the rectal area. This is typical of levator ani syndrome.

Common Levator Ani Syndrome Symptoms Rectal Pain and Burning Rectal tightness and muscle spasm

What is the treatment for Levator Ani Syndrome?

The common types of treatment for levator ani syndrome are usually muscle relaxants, hot baths, and proper diet and exercise. In most cases, there is an underlying element of chronic stress and anxiety which causes these muscles to tighten up and spasm. This pelvic floor muscle tension causes pain and burning. In order for most cases of levator ani syndrome to be resolved, trigger point therapy or internal massage on the levator ani/rectal muscles can bring great relief. The treatment itself can be very painful, but the overall relief from treatment can be felt almost immediately.

D. Herren, Author and Artist

Learn how to beat Levator Ani Syndrome at

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