

Dr. Nolan Lee:

Waiting to address a problem is just, I think that comes from a little bit of fear of knowing what's really going on with you.

But the problem with waiting is you've probably already been waiting for a while and waiting, you don't know what's going on, that's causing the problem. So you don't know what to stop that could be making it worse. So we do a lot of education here. If we see something that's going on, that you're doing in your life that's making your problem worse or causing it even, we're going to say, "Hey, stop that." That's part of getting you better is you stopping doing the things that are making you worse, right?

So, what typically happens is you wait, you take these medications or whatever. And from that perspective, the medications can have side effects. If you're taking aspirin, they can hurt your gut. If you're taking opioids that could lead to addiction. And if it is a physical injury, you're at risk for making it worse. It's a lot easier to treat something if it's a little injured versus if you wait and whatever you're doing injures it more, or you happen to injure it more somehow. So, making that condition worse.

Sometimes if a condition is, let's say not in too bad of a shape, we can turn it around and you can get a hundred percent better. But if you wait too long, maybe that hip, that shoulder, that knee gets in a position where we're like, "Eh, you know what? We can't do as much with it. Maybe we can get it 60% better now because you waited too long. And it went too far." Or maybe worst case scenario, some people come in for regenerative therapy and they wait until their hip or their knee or shoulder or whatever is completely just destroyed. And they want to come in and say, "I want something non-surgical. I want something conservative."

And we unfortunately have to tell them, "Sorry, it's too late, it's too far gone for that. Your options are pretty much surgical now." And, those are some of the reasons why we don't advocate waiting.