

Costochondritis

After nearly 2 years of this rib problem what I described as 'my ribs coming out', I finally found an answer, granted I had to do all the research myself.

But it turns out my GP is credible yet, indeed the only medical treatments are NSAIDs and although she never bothered to tell me that she actually knows what the problems is etc. - she was treating me correctly.

Had she told me she would have saved me a whole load of stress and pain these past months - that is what lack of communication does.

Anyway it turns out my rib problem is known medically as Costochondritis aka as 'Slipping Rib(s) Syndrome' - inflammation of the joints which connect the ribs to the cartilage basically - again another painful disorder.

My chiropractor has been my relief when this has occurred in the past - however now I've read ways to 'pop them back in myself' - when the need arises for this to be done, I shall trial these techniques to see if they work.

I don't know if KFS is the additional strain that causes this to happen sometimes and KFS probably does not help it either when it does occur but at least it is reassuring to know that it is not some other skeletal deformity with them - saved myself a lot of money and testing.