

## RECOVERING MOVEMENT IN PERSISTENT PAIN

monitor the pain. do not ignore it, or pay too much attention to it keep your body and muscle tension low keep your breath as calm as you can STAY AT THE EDGE WHILE YOU DO THREE THINGS

FIRST ... MOVE TO THE EDGE OF THE INCREASED PAIN. OR, CHOOSE A GENTLE CHALLENGING ACTIVITY

... REMEMBER THE PAIN IS A MOVING TARGET SO PRACTICE WILL BE NEEDED TO START TO SUCCEED

EVERY TIME YOU SUCCEED WITH THIS, EVEN A LITTLE, YOU ARE CREATING POSITIVE CHANGES IN YOUR NERVOUS SYSTEMS

THEN ...

ask, will I be okay later?

ask, is it safe for my body to do this activity?