

Recovering movement in persistent pain

Remember:
Pain is a moving target, so practice will be needed to begin to succeed.

Monitor the pain.
Do not ignore it, or pay too much attention to it.

Move to the edge of the increased pain.

Or, choose a gentle, challenging activity

Ask yourself:
Is it safe for my body to do this activity?

Keep your body and muscle tension low.

Ask yourself:
Will I be ok later?

Keep your breath as calm as you can.

Then:
Stay at the edge while you do three things...

Every time you succeed with this, even a little, you are creating positive changes in your nervous systems.