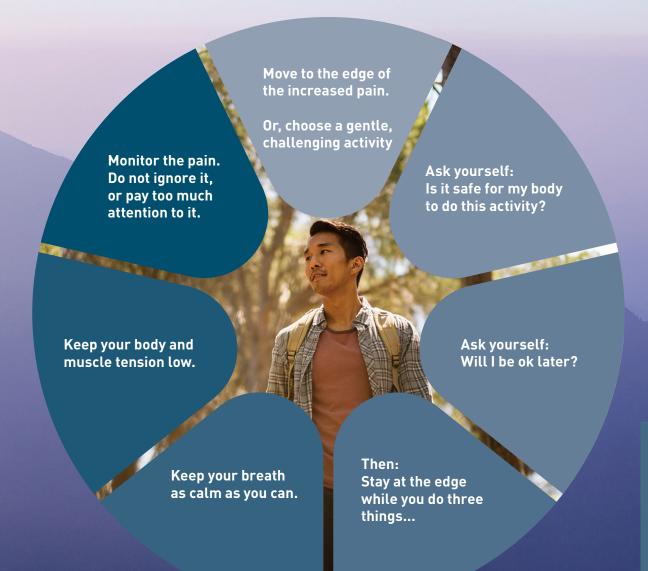
Recovering movement in persistent pain

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



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

