

Move with Ease (Recovery)

This can be a great strategy if you have pain in your body or recovering after a trauma event.

With pain, ignoring the pain & doing too much can lead to “Flare Ups” and increased pain sensitisation. While resting & avoiding activity gets you no where, but less fit & more unhealthy.

Moving with Ease is great middle way to start to move more...
The aim is to reduce reactivity in your nervous system.

Set your intention on something you would like to do or achieve, not focusing on trying to stop pain.

Give yourself time, stay patient, and keep at it, and you will find change occurs. More movement with less pain. Focusing on well being, rather than simply relief of pain.

The body & nervous system are plastic and can be changed through movement & practice.

There is a lot to do so learn one skill at a time.

The 9 Skills to Try:

Breathing Calmly - Practice breath awareness; Feel its rhythm - inhaling & exhaling; Feel the breath in your body ie belly rising & falling; allow the breath to lengthen... allow it smooth... allow it to soften... Take softening into your body, releasing tension & pain...

Body Awareness & Reducing Tension - Practice taking your awareness to the body; Scanning from head to toe... Softening & releasing tension... letting go of pain... notice connections to feelings & moods... let go of tensions in the mind... go deeper...

Gentle Isometric Exercises - Gently contract a muscle... feel it firm... go only to the edge of pain... follow guidelines for moving with ease below. Hold it for a time, then relax. Repeat as advised. See Physio for guidance to which muscles to contract eg firming the deep abdominals, outer hips, shoulders, neck, Pelvic Core, Thoracic Core

Moving with Ease Process - as you perform gentle movement

Just go to the point just beyond the edge of pain

Ask yourself “Is this safe?” “Will I regret this tomorrow?” Modify movement if you need...

Keep my breathing calm...

Keep my body calm & free of tension

Monitor Pain & Adjust for Comfort

Yoga, Tai Chi, Gravity Fit & Qi Gong can be ways to practice this skill

Restoring Function - practice regularly to restore awareness back to your body, moving with more ease, working towards your intention

Pacing Yourself - Keep checking that you are not over doing it. Watch “good” days where you feel you can do more. Stay consistent, and include pauses to rest & recover.

Staying Healthy - Poor lifestyle habits can lead to increased nervous system reactivity. Eat well, whole foods, lots of colour, fresh, less processed. Cut down sugar, caffeine, alcohol. Include more anti-inflammatory foods, like ginger or turmeric. Avoid smoking. Work modifying your stressors or reaction to your stressors in life. Have some FUN. Be with friends, family or supportive groups. Find things to do you LOVE.

Watching what you say to yourself - The key to recovery is reducing the threat & danger your brain is perceiving. Do what you feel is safe & watch what you say to yourself. Focus on what you can do, not what you can't.

PAIN is an OUTPUT from your brain, when the brain thinks something is wrong. The Brain gathers SENSORY information from the body plus evaluates your stress levels, feelings and past experience to make the pain output. Pain is a message that some action is required. Usually when enough action is taken then pain will stop. Your Brain can produce powerful pain killers and anti-inflammatories. **It can do this best when you are relaxed and positive.**

Chronic pain is when the pain system fails to turn off. This is a central brain problem, more than a body problem.