

Manage Pain - our Protectometer System with yogaplustherapies.com

Pain keeps us safe. It provides a protective buffer, and acts as a PROTECTOMETER. The size of protection varies according to anything related to protection:

- 1 DANGER messages from the body including temp, pressure, trauma, acid build up ie tension in muscle
- 2 More important is what does the BRAIN think they mean - something serious vs something OK
- 3 INFLAMMATION, ANTICIPATING it and STRESS/WORRY can ramp up pain. In fact any factor being HUMAN may influence pain. Feeling you have NO CONTROL or FOCUSING on it only makes pain worse.
- 4 Our pain system LEARNS - gets better at producing pain ie chronic pain after 3 months - it becomes overly protective reducing life quality
- 5 Avoiding or trying to "beat it" don't help
- 6 The Overly Protective System can be RETRAINED, but it takes time & effort

This means pain is NOT simply a measure of tissue damage. "So have HOPE you can manage your pain"

To successfully manage pain & restore the protectometer back into balance you need to REDUCE the DANGER factors & INCREASE the SAFETY Factors:

DANGERS: Anything which makes you feel more DANGER about your problem.

- Scary Scans & medical reports.
- Uncertainty.
- The soup of INFLAMMATION chemicals in your body tissues.
- Having pain for long time - changes the spinal cord & brain making the protectometer more SENSITIVE - pain can appear to spread & get worse without can tissue damage.
- Your BRAIN can smug changing your perception, losing the ability to dampen pain signals, preventing you from thinking clearly ie cloudy head
- STRESS Hormones & tension can ramp up pain.
- NEGATIVE emotion, fear, anxiety, depression, and anticipating pain can ramp it up
- FOCUSING on pain only makes grow bigger.
- AVOIDANCE & Reduction in Movement leads to lost fitness, poor body tissue condition, stiffness and loss of happy hormones which movement normally gives you. Loss of happiness or hope.

SAFE: Anything which makes you feel SAFE, supported, and hopeful - it will be OK.

- Ask your health professional what scans & medical reports really mean.
- Education and UNDERSTANDING PAIN is a Protectometer not measure of tissue damage.
- MANAGING INFLAMMATION - diet, herbs, medications, correct movement.
- SAFE MOVEMENT - keep moving & just nudge boundaries of discomfort. Restore HAPPY hormones.
- SLOW RELAXED BREATHING can be powerful way to reduce discomfort.
- CONDITION your body - strengthen, core, balance, mobility, flexibility, aerobic.
- Over come small CHALLENGES can give you confidence.
- QUALITY SLEEP & RELAXATION - let go of tension.
- MINDFULNESS associated YOGA & MEDITATION has shown to be helpful.
- FOCUS your mind on something you love, humour, books, movies, social, nature.
- SUPPORTS like walking aid, foot supports, taping or compression bandage/supports
- Stay PATIENT it will get better
- SEE YOUR DOCTOR/PHARMACIST for the correct use of PAIN MEDICATIONS
- MANAGE your STRESSORS & WORRIES - seek help
- Safe use of HOT & COLD can help - are you a HOT or COLD person which gives you the best relief eg bath, showers, spas, pools/sea, hot/cold packs (with covers)
- GENTLE Massage, oils, medicated creams can be soothing.
- THERAPIES like Bowen, Acupuncture, Manual Therapy speak to your nervous system to restore balance to your protectometer system - calming or activating as needed.

Remember your brain is the most powerful painkiller...

