



# Pain Care Self Management

Neil Pearson Life is Now





# What is **Chronic Pain** and **how to move** in the face of it!



# Summary

- Pain system is series of alarm systems.



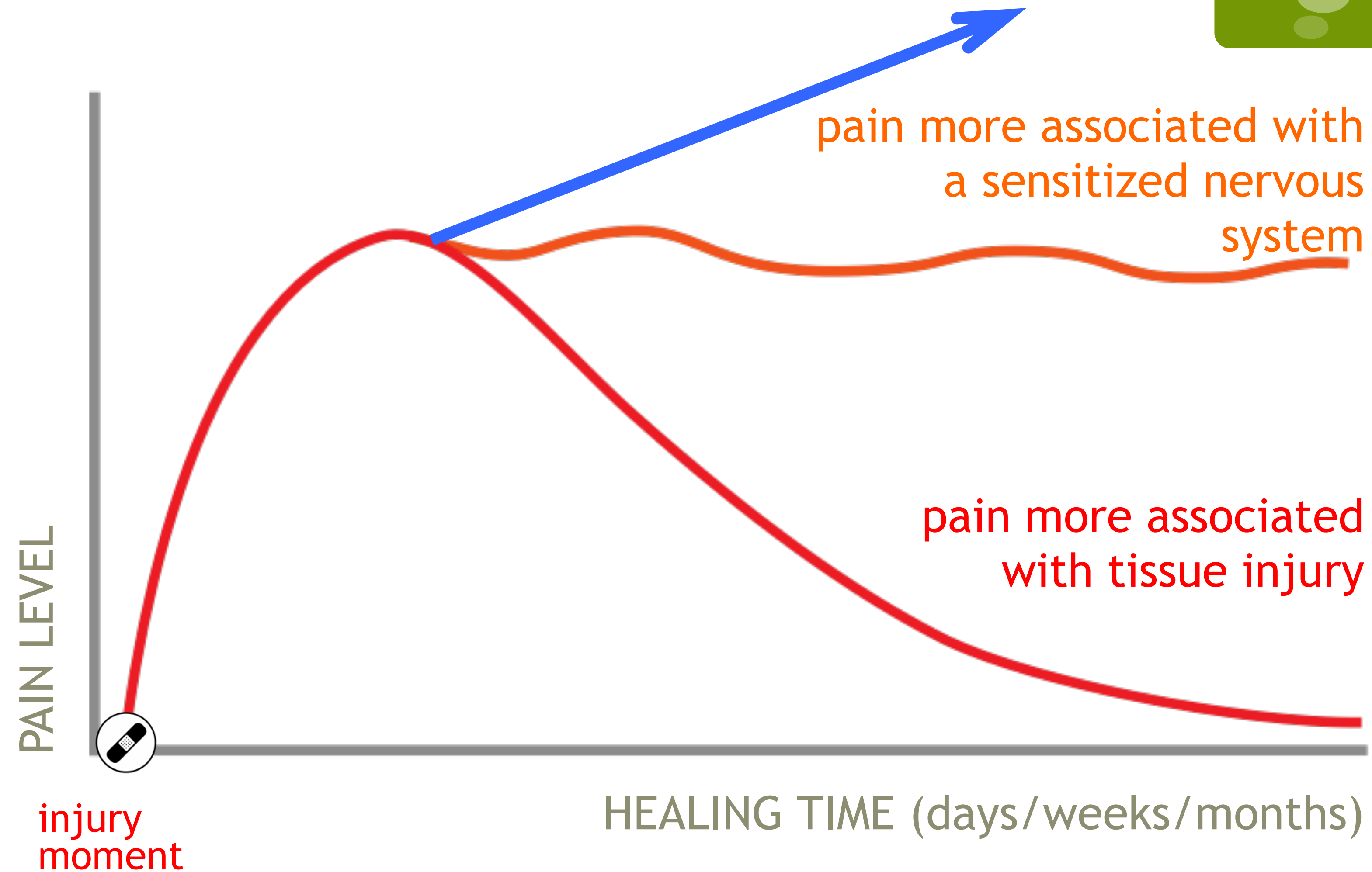
- Protective alarms can include pain, muscle spasms, or weakness.
- Danger signals heading to your brain are changed along the way, and once they get there.
- You can influence your nervous systems.

# General Knowledge



- Pain is like vision and thirst ... it is not a completely accurate sensory system
- The nervous systems become more sensitive when pain persists
- If your strategy is to “grit your teeth and push through pain” in all your activities, then recovery is impeded!!!
- Your successful recovery requires MUCH MORE than “exercise”

# Pain Patterns





# WHEN PAIN PERSISTS THE NERVOUS SYSTEMS CHANGE



**Anything the  
nervous systems  
learn can be changed!**



# CHANGES OCCUR WHERE?

- In Neurons in all the **tissues of the body**

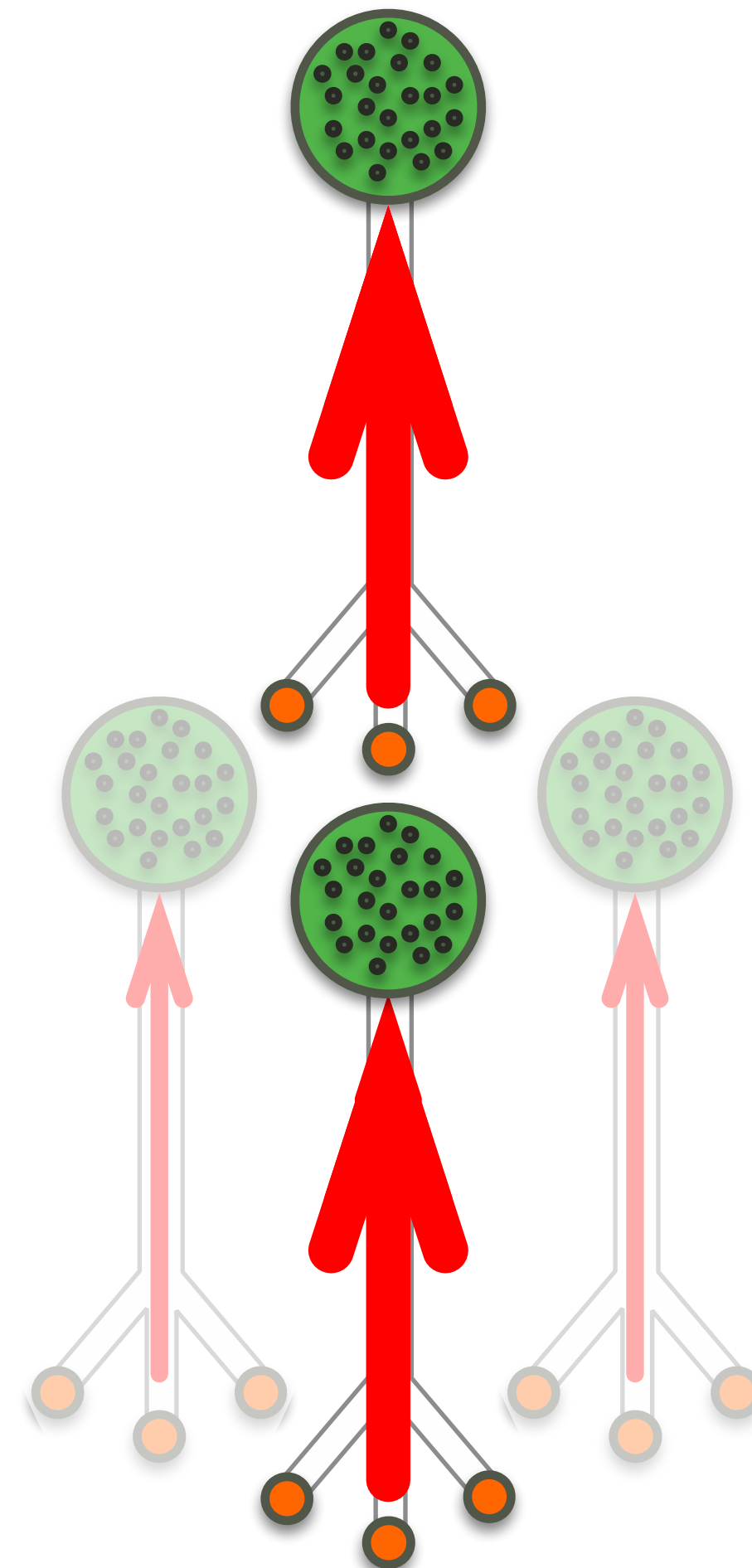


- In Neurons in the **spinal cord**

- In Neurons in the **brain**

- In Neurons in the **Autonomic Nervous Systems**

# Signal become Amplified

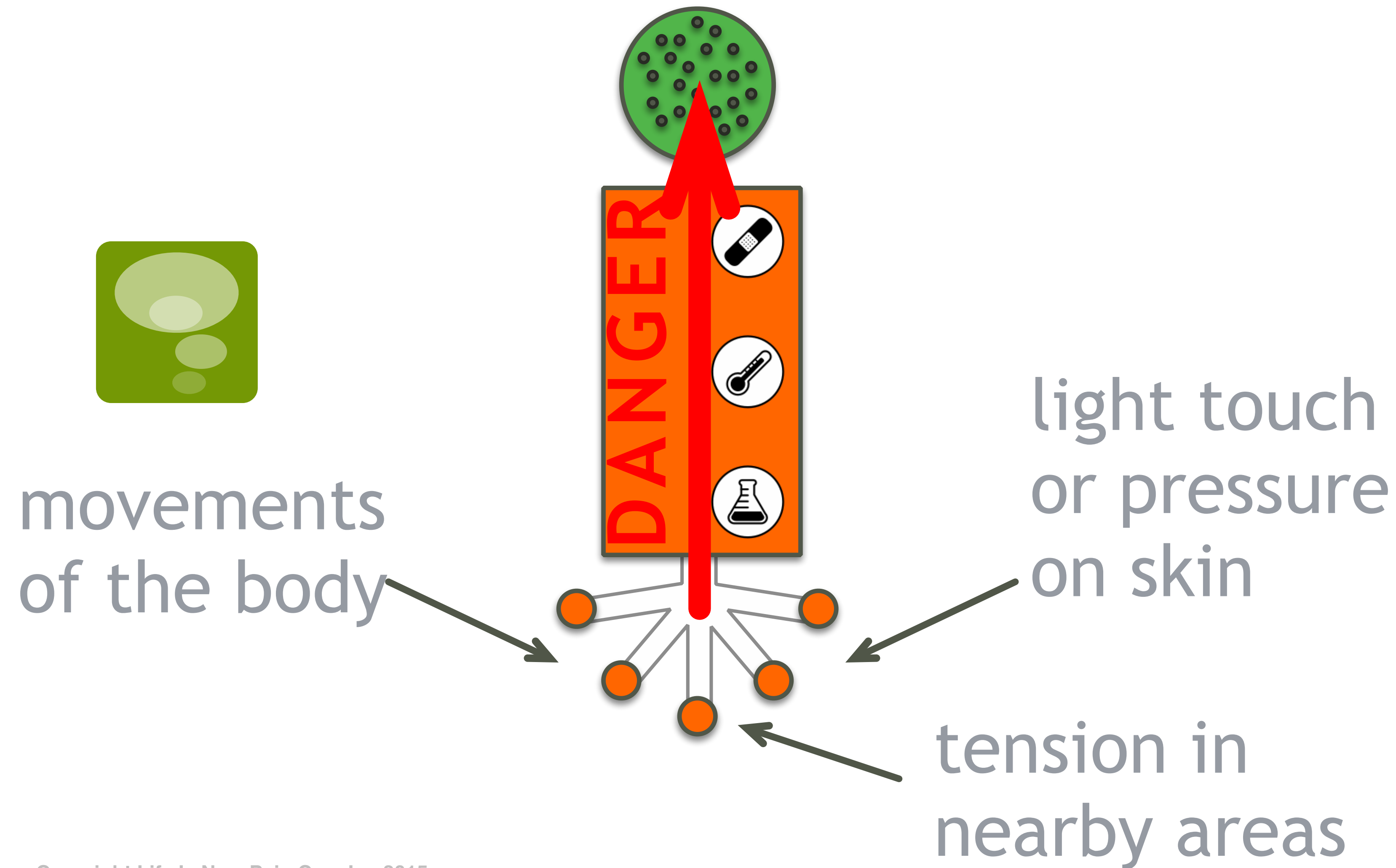


more neurons  
sending danger  
signals

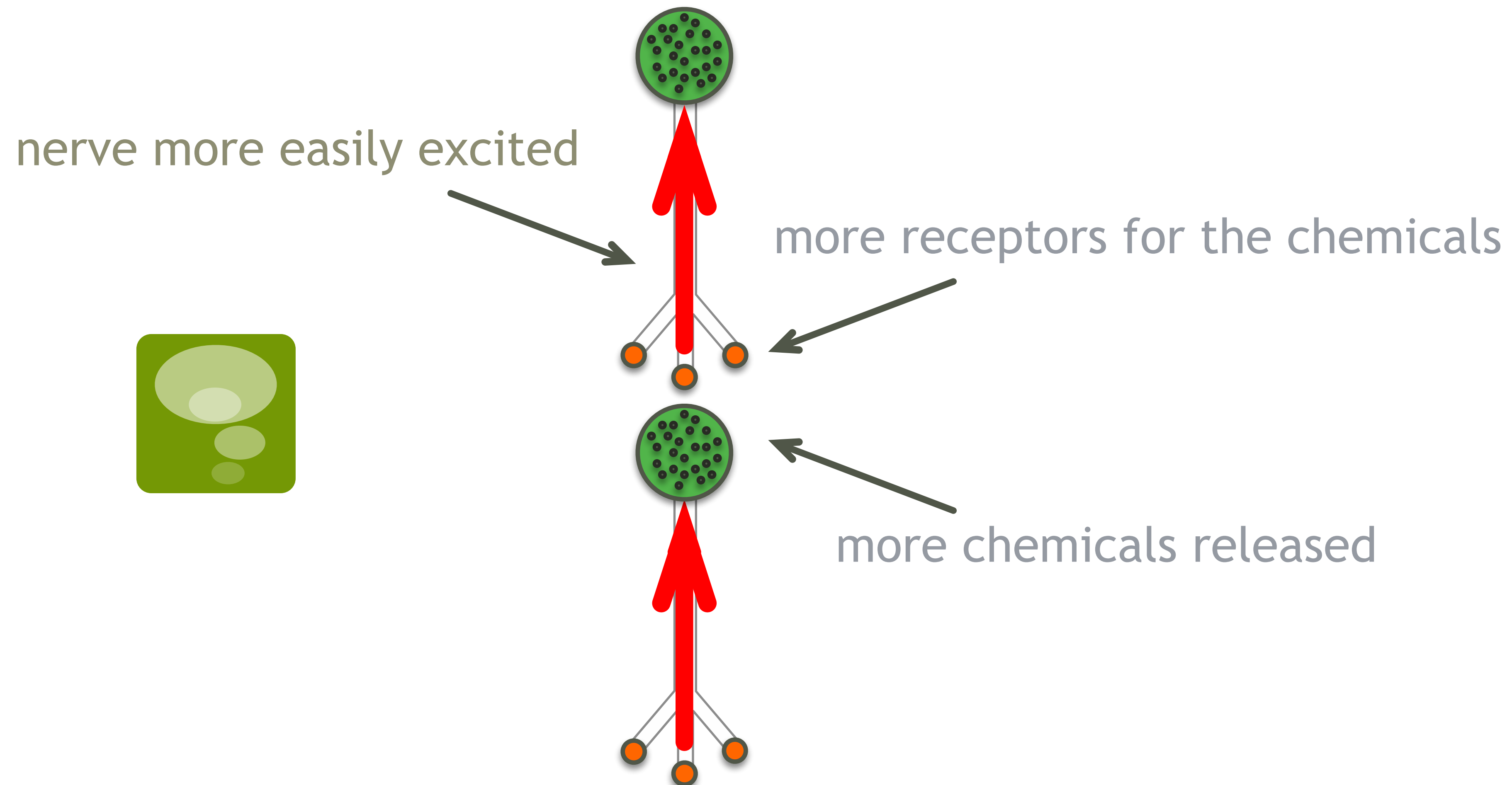
more easily  
excited



# More Stimulations produce Danger Signals



# An Excited Nerve Sends More Signals



## PROBLEMS IN YOUR BODY



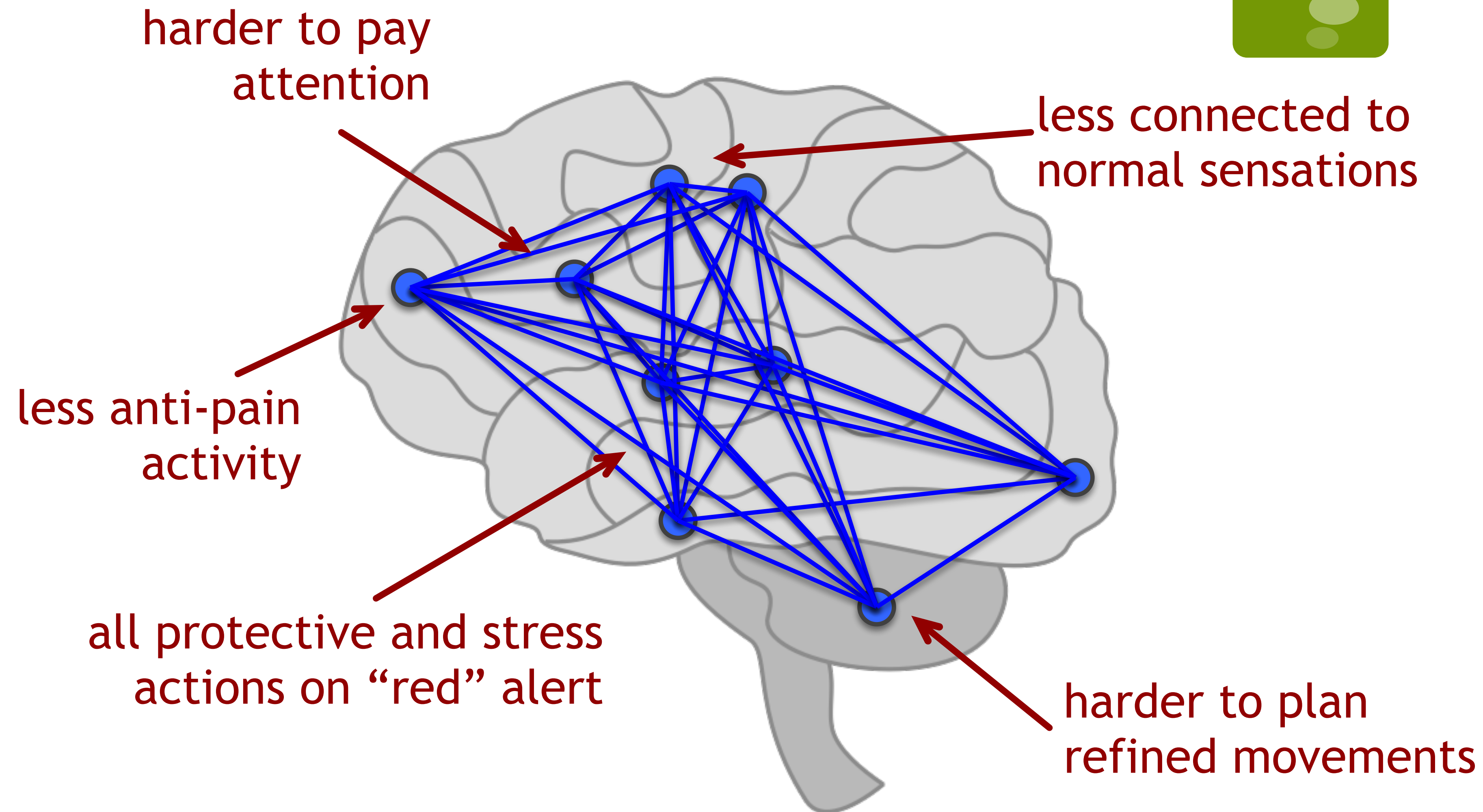
Same problem in the body

+ more danger signals =

**MORE** protection!



# Effects of Pain on the Brain





# CHANGES OCCUR IN YOUR BODY AWARENESS

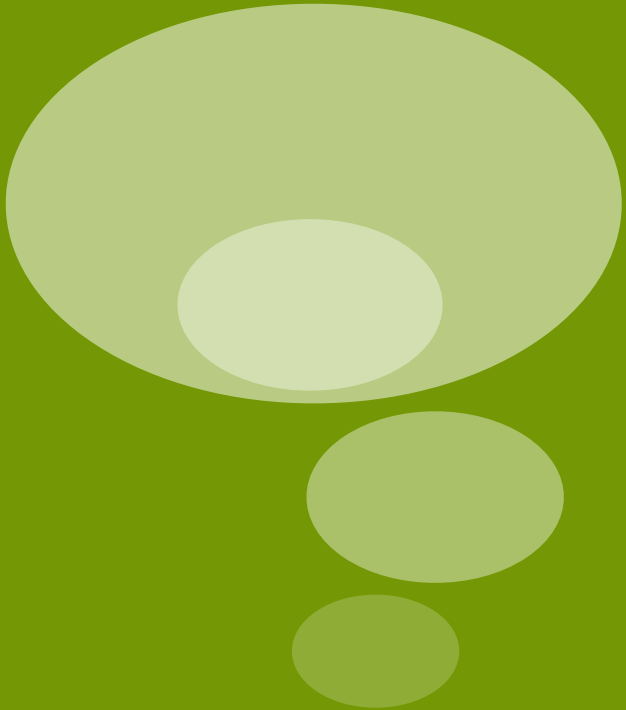


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## Persistent Pain Changes Body Perception



If you cannot feel your body well,  
it is difficult to regain ease of motion.



# BODY AWARENESS





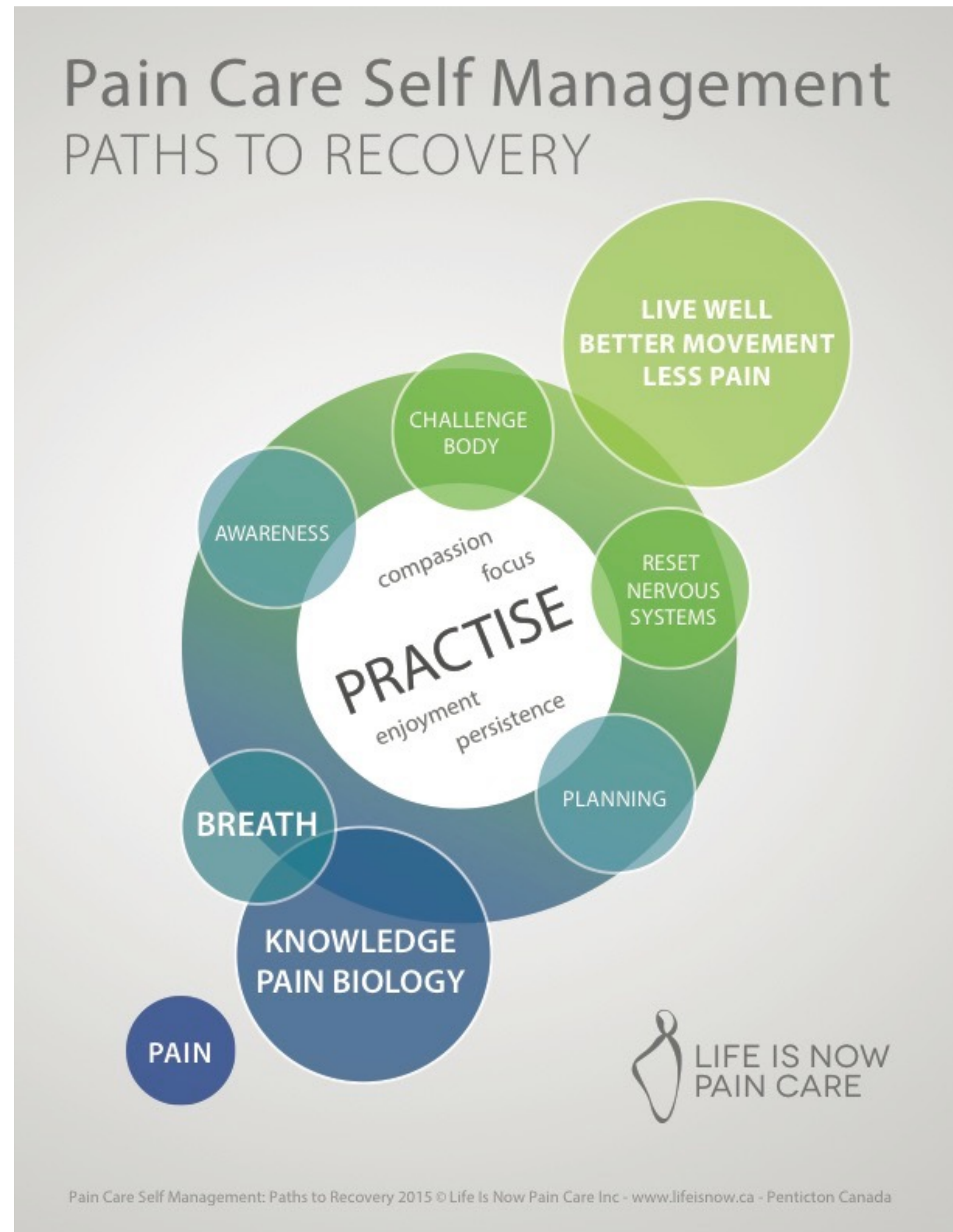
# BODY AWARENESS DEFINITION



- The ability to recognize different parts of one's own body, and their relative positions.
- Essential for performing smooth, coordinated movements, no matter how active you are
- Dependent on being able to perceive and integrate information coming from all the sense organs, including all parts of your body.



**YOUR Path  
to Living Well  
is based on evidence**



# CHALLENGE YOUR ABILITY TO MOVE WITH EASE



- Practice breath & body awareness to improve success with regaining ease of movement

# CHALLENGE YOUR NERVOUS SYSTEMS

- Focus on calming your sensitized nervous system when you exercise



- Shift your focus from stretching and strengthening to include desensitizing



# PAIN CAN BE CHANGED MOVEMENT CAN BE IMPROVED



# Resources



- Understand Pain Live Well Again – N. Pearson (All BC Libraries, and on Amazon)
- Explain Pain – Moseley and Butler [www.noigroup.com](http://www.noigroup.com)
- [www.lifeisnow.ca](http://www.lifeisnow.ca) Pain Care Pro
- [www.painbc.ca](http://www.painbc.ca) Pain Tool Kit
- Chronic Pain Self Management Program [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)
- [www.painbc.ca](http://www.painbc.ca) and [www.cirpd.org](http://www.cirpd.org)
  - Yoga for People in Pain webinar series
- Pain BC and lifeisnow Facebook pages