



PAIN MANAGEMENT PROGRAM

(Patient Education- Part 3- Patient Handout)

GUIDE TO ACTIVITY MANAGEMENT - LET'S GET YOU MOVING SAFELY AND UNDER THE RADAR.

- Now you understand a bit about pain and why you are still in pain, we are going to improve 'How you move'.
- Your lack of mobility and movement and reduced activity has become part of your disability.
- Your brain sees movement as 'Dangerous' and it will try and protect you with PAIN, but we now know this is overprotection, and you now know you have to move, but "under the radar" of pain protection.
- We have already started this process, without you knowing and we have already seen a reduction in overprotection (Note: Chillout Zone, breathing and pelvic tilting).
- Follow your therapist's instructions of slow and progressive movement required for everyday life and functional activities.
- Remember the goals you have set and work towards them.
- You will be SORE BUT SAFE- soreness is normal.
- Some pain is normal and safe, however increasing pain is your signal to slow down, but not stop.
- It's important not to BOOM and BUST
- Know your limits, but slowly try and increase each day or each week.
- If you FLARE UP, don't FREAK OUT! - remember some pain is NORMAL.
- Remember 'Motion is Lotion'.

How to manage the Fear of Movement and Manage the Amygdala.

- You have started to deal with this in your Education about pain and using the Chillout Zone.

BUT

- Fear and anxiety can come back at any time.
- This is our sympathetic nervous system and your fight/ flight reaction will occur with fear and anxiety.
- The amygdala is a small part of your brain which sometimes hijacks your feelings and responses to things.
- Unfortunately, when this happens you don't think clearly, and the emotional part of your brain takes over.
- Pain or fear of pain will cause your amygdala to become more active and increase your anxiety and stress.
- Do you know, mice who have their amygdala removed, don't fear cats!
- Let's try and reduce this anxiety and stress and the Amygdala response of fearing movement, because you are predicting pain.

IF YOU CAN CONTROL THE AMYGDALA RESPONSE, YOU WILL HAVE LESS FEAR OF MOVEMENT, AND START MOVING AGAIN

How to settle down your amygdala (Using Neuroplasticity)

- Breathing and the Chillout Zone.
- You need to calm down the system and use your basal breathing pattern at any time AND in any position to calm down the system and change the 'mix' of chemicals in your head.

FACTS:

1. Exercise and movement produce endorphins or happy brain chemicals and you have a medicine cabinet in your brain that can reduce pain.
2. If you experience pain when you move or exercise it is due to your nervous system being 'too sensitive' or 'oversensitive' and is called Central Nervous System Sensitization or 'Central Sensitisation'
3. Neuroplasticity got you into this mess and will get you out of it.

Let your Physio or EP help you develop a Controlled exercise program and get under the Radar of Pain.