

Movement in the context of persistent pain

Not only is it safe to move with persistent pain, it is important for your health and to teach you body to relearn that movement is safe:

How to move with persistent pain:

1. Breath comfortably – use smoother, softer, longer breaths (do not hold your breath)
2. Reduce unnecessary muscle tension (your hands, your shoulders)
3. Allow face muscles to soften, unclench jaw, relax your forehead, relax your tongue, and allow a soft smile to form.
4. Use slow flowing movements
5. Maintain a calm mind
6. If you think that you will regret or pay for the activity later, modify the movement or activity until you know that you will not pay for it later

If I feel more pain, am I doing harm?

NO, pain does not mean you have injured or damaged your body. It is ok to gently nudge/tease your pain when doing movement/physical activity.

Over time, you may find it becomes less sensitive. It is more harmful not to move. Physical inactivity is as dangerous to our health as smoking.

How do I not make things worse?

By slowly moving your body while maintaining a calm mind, body and breath. Start low and go slow. Do the amount of activity that you know you can achieve without feeling you are going to regret or pay for it later (flare-up). Over time, slowly add more

Please refer to Neil Pearson's Movement Diagram:

<https://lifeisnow.ca/wp-content/uploads/2017/03/Movement-Guidelines-Handout-.pdf>

Educational information about Yoga

<https://yogainternational.com/restorative-yoga-for-chronic-pain>

<https://painhealth.csse.uwa.edu.au/pain-module/yoga/>

<https://www.yogajournal.com/lifestyle/pain-reliever>

Ideas for Online Movement Videos

Ideas for guided movement - Qi Gong and Yoga

- 7 minutes of Magic by **Lee Holden**
<https://www.youtube.com/watch?v=mT0160d8neQ>
- **Qi Gong video produced at Island Health**
<https://vimeo.com/371675565>
- <https://paincareu.com/> you can purchase 3 levels of yoga DVD's done by Neil Pearson
- <https://www.doyogawithme.com/> - free online videos with many different levels and lengths. You can search for what you are looking for. You can also search pain and there are specific classes related.
- www.gaia.com
- <http://selftreatmentandexercise.com/> - from Naomi Biggin-Pound, Physiotherapist. There are three, 21-day programs that focus on the knees, back and pelvis.