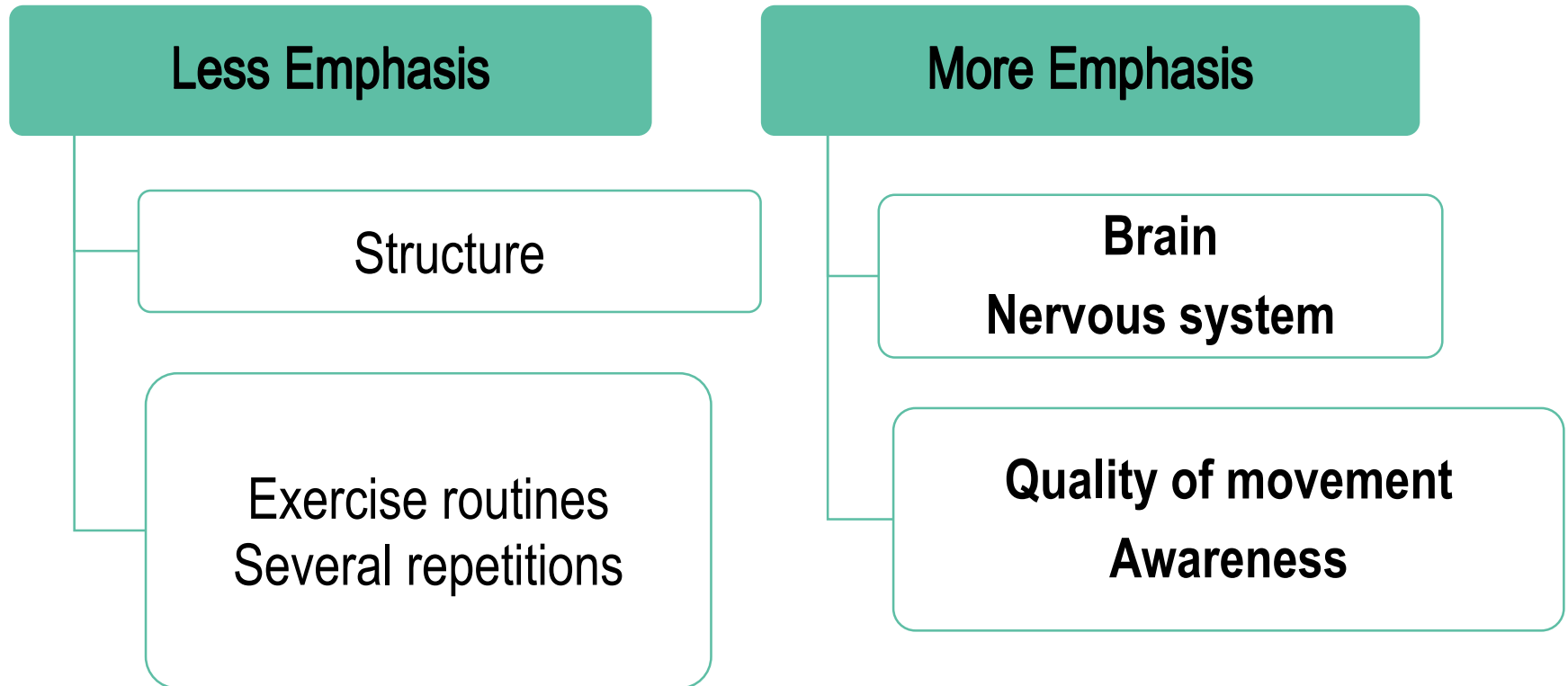




# Physical Therapy

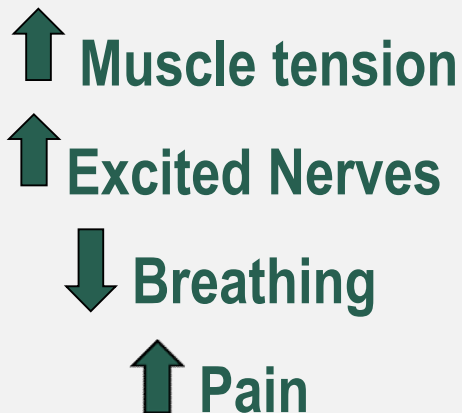
## Session 1

# Physical Therapy in the Chronic Pain Program

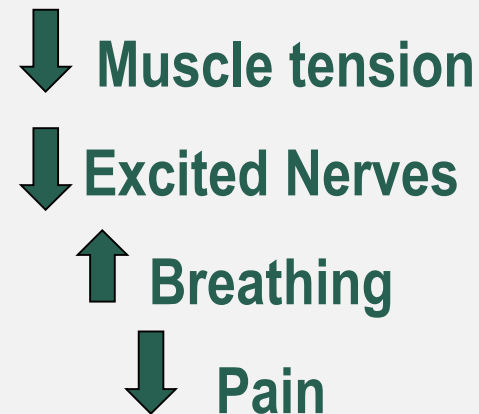


# Nervous System – When it fires it wires

Fight or Flight  
Physical Suffering



Rest & Digest  
Recovery



# The Stress Response

In Fight or Flight, the body releases stress chemicals

Movement (running zebra, shaking bunny) burns up these stress chemicals



# The Stress Response

In modern life, these stress chemicals are not burned off (traffic, phones/email, etc....), so they linger in our system



# The Root Of It All

**Mind:** *Body Awareness*, Modification, Ease vs Effort

**Body:** *Breathing*, Posture, Core, Positioning, Qigong



# Body Awareness

## What is Mindfulness?

“Mindfulness is awareness that arises through paying attention, on purpose, in the *present moment, non-judgmentally*.”

- Jon Kabat-Zinn

# Body Awareness

## Why is it important?

- People living in pain become disconnected with their body.
- Noticing and feeling in the present is how we get back into our bodies.
- Understanding that we are human “beings” and not human “doings”



# Body Awareness Training

- Gathering information with curiosity rather than conclusions or labels



# Let's Notice

**Notice your breathing right now.**

# Breathing

How do we breath when we hurt?

***Pain programming*** begins to set this as our ***new normal*** pattern of breathing.

Fight or Flight  
Physical Suffering

↑ Muscle tension

↑ Excited Nerves

↓ Breathing

↑ Pain

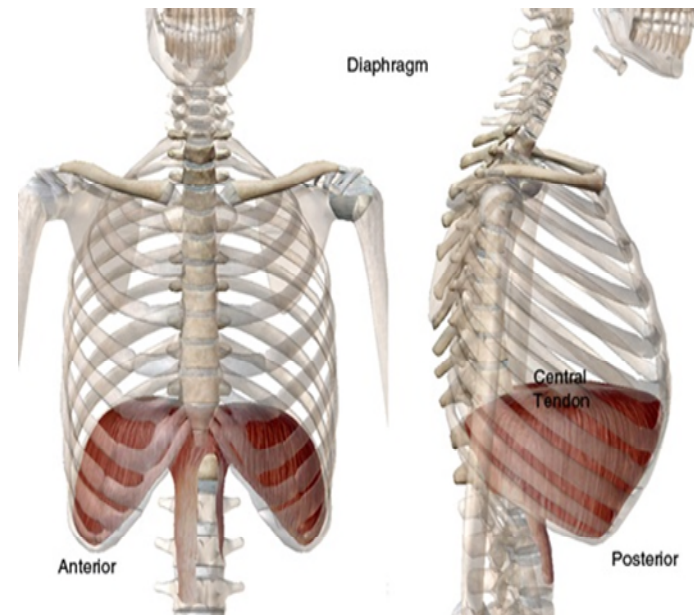
# The Diaphragm

The diaphragm is the *primary muscle of respiration*.

It pulls down during inhalation and relaxes back up during exhalation.

What is diaphragmatic breathing?

- Inhale belly rises
- Exhale belly falls



<https://www.youtube.com/watch?v=hp-gCvW8PRY&t=4s>

# Let's Practice

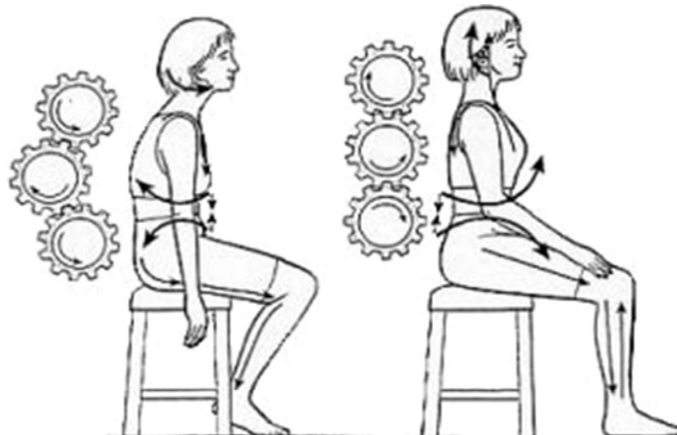
- **Inhale** letting your belly rise (without pushing it out)
- **Exhale** letting your belly fall



# Let's Practice

What do you feel sitting in a **slouched** position?

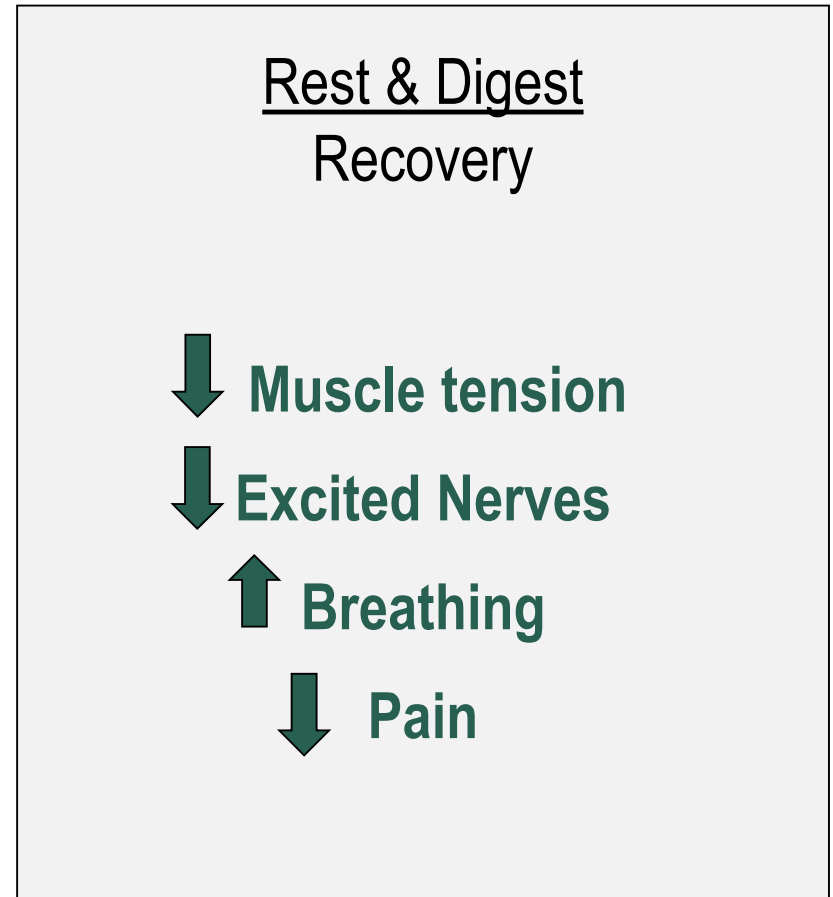
What do you feel in a **lengthened** posture?



# Recovery is Key

Breathing changes depending on situations or activity as the body adapts.

The key is **recovery**.



# Why Diaphragmatic Breathing?

- Reboots the nervous system
- Develops the skill of Body Awareness
- Promotes diaphragmatic breathing in times of recovery



# Breath Counting

(Dr. Andrew Weil)

- Gently close your eyes and take a few grounding breaths
- Continue to breathe naturally without trying to influence it
- To begin the exercise, count “one” to yourself as you exhale
- The next time you exhale, count “two,” and so on up to “five.”
- Then begin a new cycle, counting “one” on the next exhalation.

**Exhale...One**

Inhale

**Exhale...Two**

Inhale

**Exhale...Three**

Inhale


**Exhale...Four**

Inhale

**Exhale...Five**

You will know your attention has wandered when you find yourself up to 8, 9, 10

# Friendly Reminder



Bring a towel  
to class