

The Story of Chronic Pain

By Anna Evans

Chronic pain is widespread today and our current system has done little to prevent and/or promote healing. It is one of the top reasons for doctor visits. Those of us who have ever experienced chronic pain are definitely not alone. The question then becomes how do we move toward pain free and healthy living?

After years of empowering people to make the changes necessary to walk away from their chronic pain and dysfunction, I have had the beautiful privilege of hearing about people's journeys. What I have witnessed is that at the very core, our stories are all the same. The details of what is hurting and how it came about might be different from individual to individual but the general journey and the emotions we experience on that journey are shared.

The story goes something like this...

Pain and/or dysfunction send us signals that something is not right, but we ignore the body's call for help. Later down the road when the pain becomes disruptive enough we seek out people to help make the pain go away. We see one health professional after another and spend countless time, energy and money looking for "the fix". We try product after product searching for the right...pillow, chair, mattress, shoes, orthotics, etc. We resort to pain meds and cortisone shots. Gradually we withdraw from more and more activity because of the pain. When we emerge still full of pain and dysfunction after trying multiple health care services and products it is natural for feelings frustration and anger arise. For those who reach the point of debilitating pain, the fear arrives full on. "How did I get here?" "I am no longer able to _____." "Will I be able to _____ ever again?" You fill in the blanks. Often times this is where we move into hopelessness, skepticism, and defeat. "Maybe this is just what I get to live with." Often times this story includes depression and the inability to live life without thinking 24/7 about the pain.

So how do we change this story?

The good thing is that you don't have to live with chronic pain. Although there are many factors that can play into our chronic pain, one piece that almost always plays a big role and is often goes unacknowledged is posture. In fact many, people are unaware that they can change their posture and therefore increase function and eliminate pain.

Here are 3 basic things you can do to prevent chronic pain from showing up in your life:

1. BREATHE INTENTIONALLY.

Take time a few times a day to breathe fully. If you can, lay on your back with your knees bent and feet on the floor. Focus on breathing down into your low back, sides and stomach. With each breath allow your body to relax and melt further into the floor. Do this for 5 minutes.

2. LISTEN TO YOUR BODY.

We have become detached from feeling in many ways. Begin to pay attention to the subtle signals and messages your body is giving. What is your body telling you? Stand with your eyes closed. Physically how do you feel? Do you feel balanced? Any pain or tightness? Emotionally how do you feel? Energetically what are you noticing? Then take action. If you are tired, rest. If you are feeling restless, take a walk. If you are feeling stressed, acknowledge that and then take time to breathe to release the stress.

3. MOVE MORE.

We were created for movement. Here are some examples of ways to incorporate more of it:

Park in the spot furthest from the door.

Take the stairs.

Bike or walk to run errands.

Clean your house.

Garden.

Wash your car by hand.

Next month I will share how our posture relates to our pain and dysfunction so that you can begin to take action toward feeling vibrant and healthy.



***Anna Evans** is a Postural Alignment Specialist and Advanced Exercise Therapist certified by Egoscue University and the owner of Postural Healing, LLC. She is passionate about empowering people with lifelong tools to eliminate pain and to take back their health. Contact her at:*

(612)282-7707

anna@posturalhealing.com

www.posturalhealing.com