

Wholesome Yoga Therapy Pain Care Guide

- Only move in a pain-free or 'mild-discomfort' range of motion.
- Listen to your body and honor your physical limitations to prevent injuries and cultivate mindful awareness.
- Make choices that align with your needs moment-to-moment.
- Keep breathing. The breath influences the nervous system and mind, both important when dealing with an injury or chronic pain conditions.
- Pain is changeable, meaning that it can change from one day to another - pay attention to this.
- By moving adjacent joints and areas of the body, we can avoid the painful areas and offer relief.
- When we are in a calm state, our pain tolerance is better.
- The location, intensity, and quality of movement are important.
- Pain and movement can be modified by the way we breathe and think.
- Pain and inactivity alter immune cells, which produce pro-inflammatory reactions to increased movement, especially within the first week or two after extended periods of inactivity.
- Those with chronic pain have altered stress responses and may need more time to recover from/between exercise sessions.
- If you experience pain during or after exercise, tone it down. Breathe more, rest more. Do fewer repetitions or easier variations of poses.
- Use positive thinking and positive affirmations to help utilize the mind-body connection in your healing process.
- Do not skip Savasana after each session. This is an important part of integration and processing.

