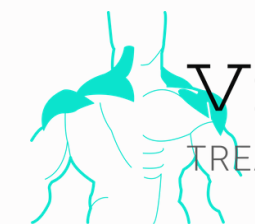




GROW

Pain



Victoria Roper

TREAT - TRAIN - TEACH

Concept #1

- What Defines the pain we experience?
- How do we assess and attain clarification from our clients about their interpretation of it?

Concept #2

- What is the current 21st Century Science of Anatomy & Physiology that will help us ascertain cause over symptom, or acute verses chronic pain?

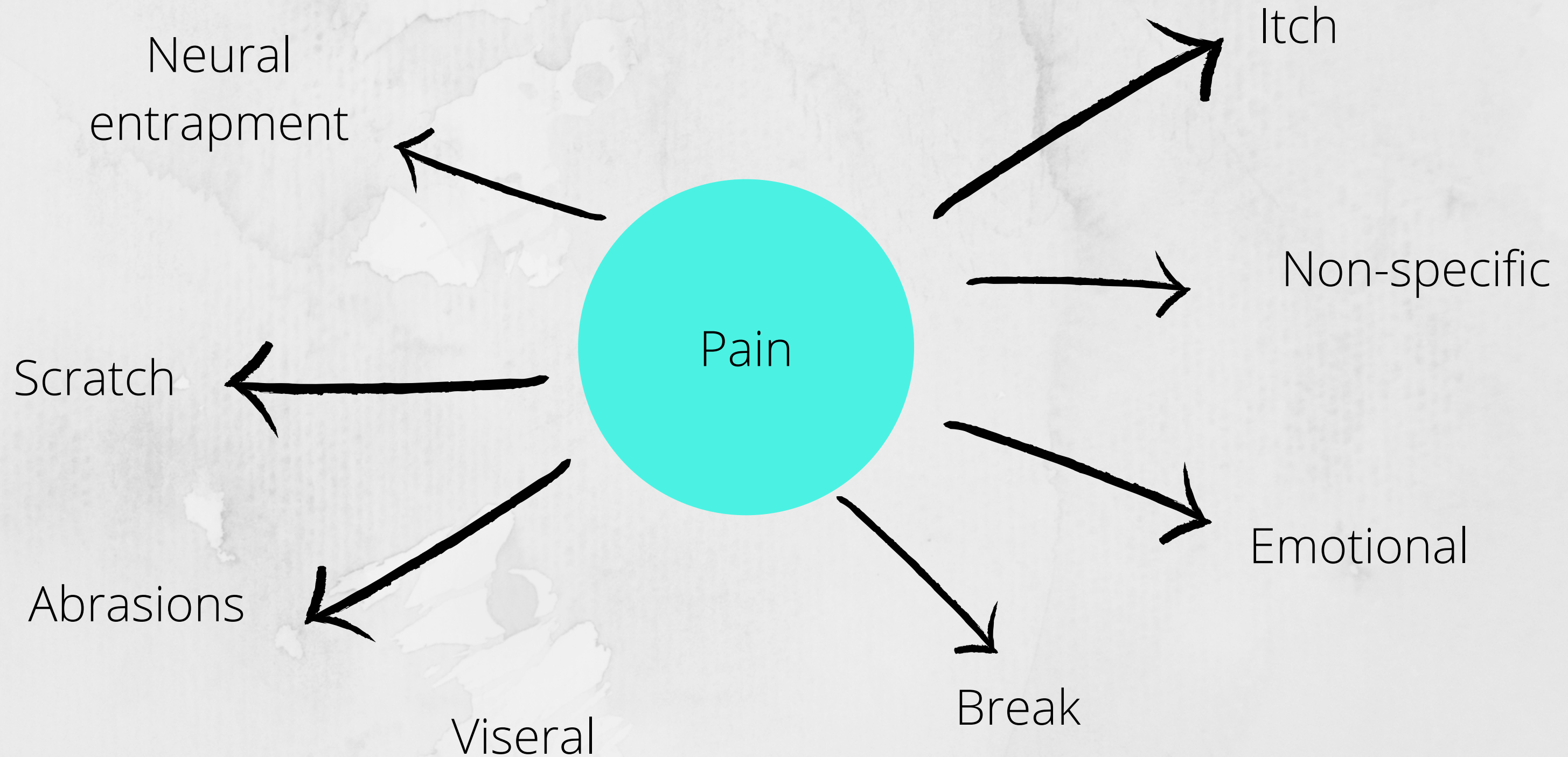
Concept #3

- As a movement specialist, how do we determine our role in pain scenarios & understand our options and strategies within certain circumstances?

Concept #4

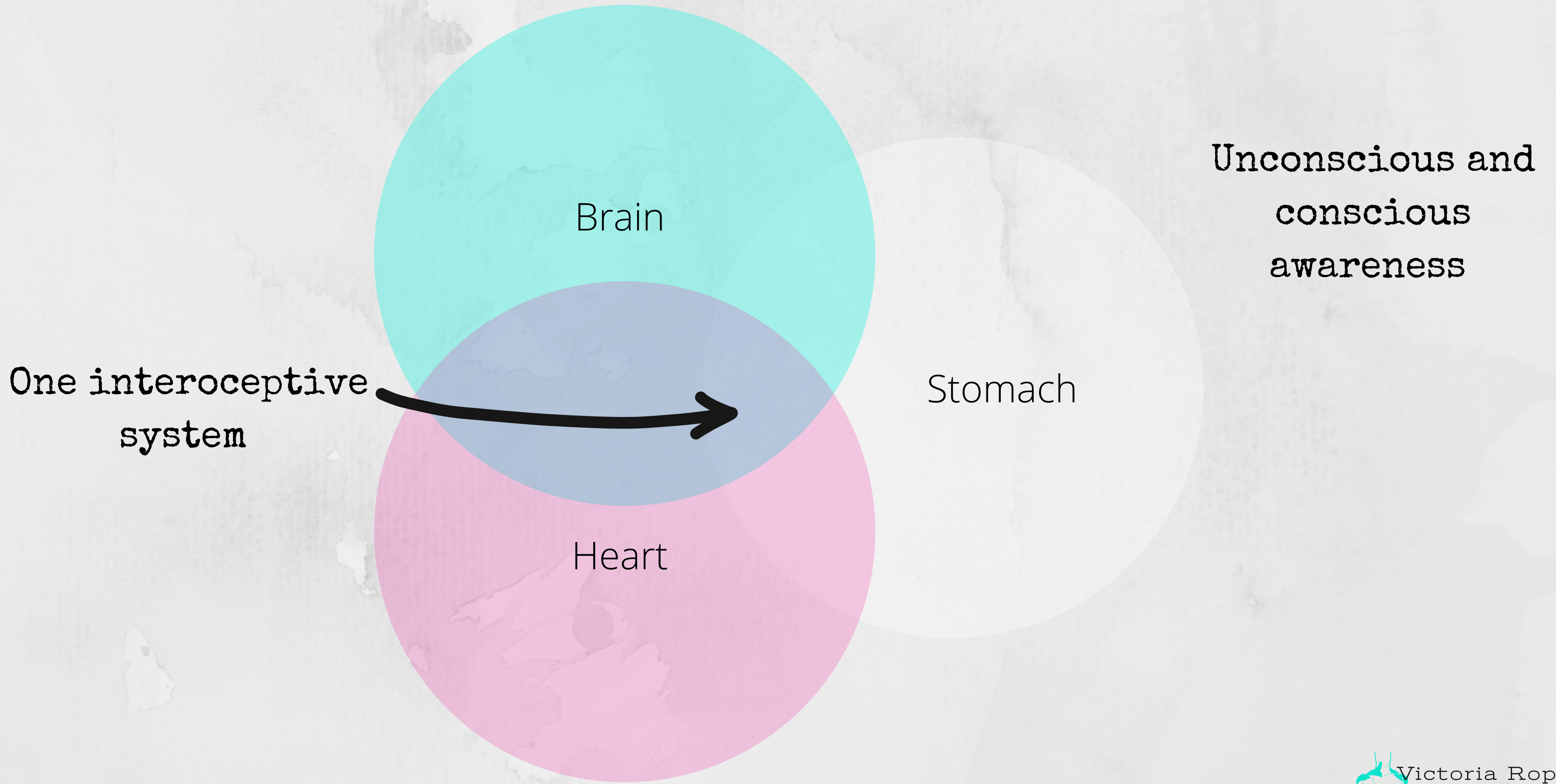
- Other factors & modalities to consider during pain management of our clientele.

What is pain?

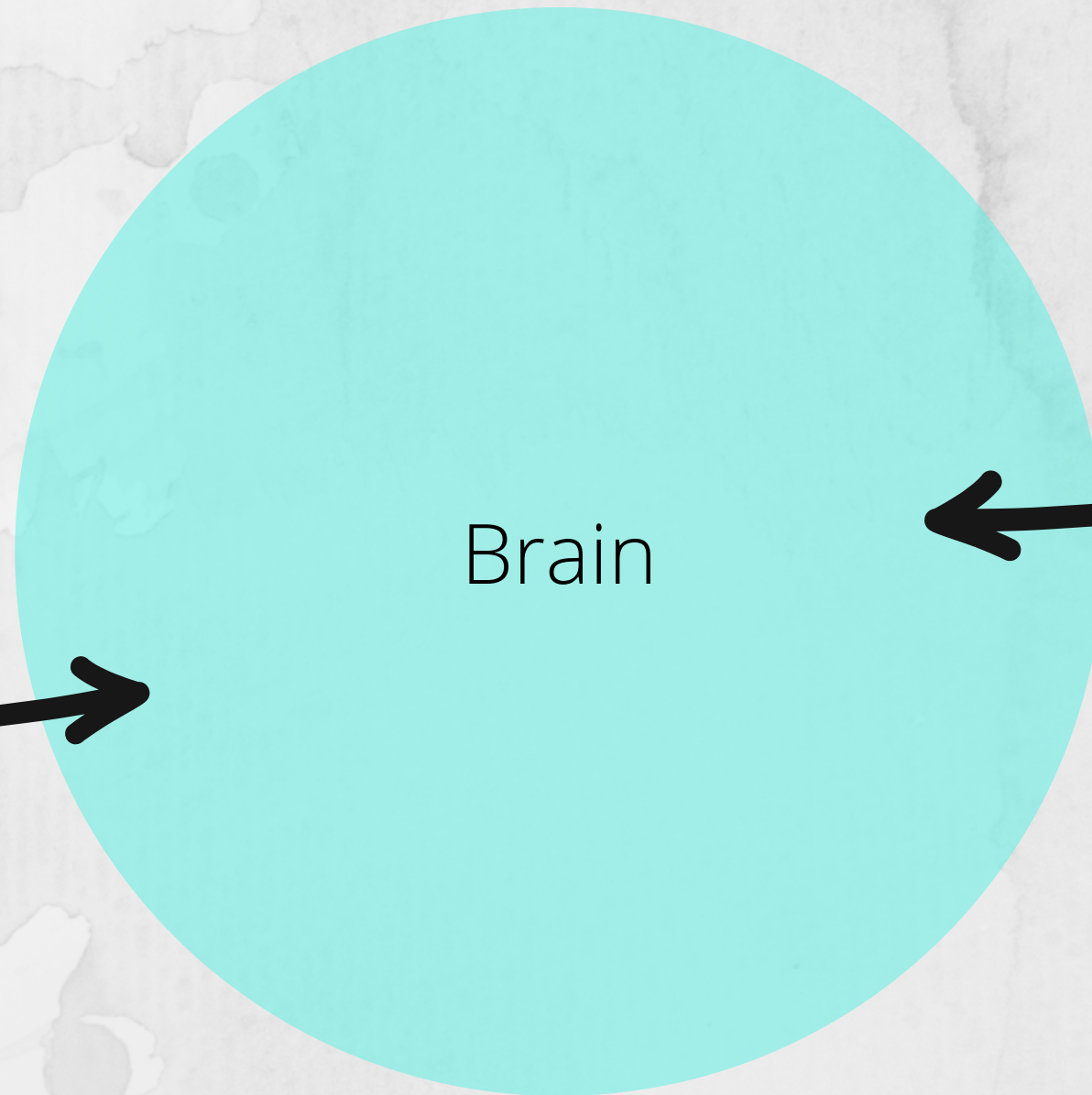
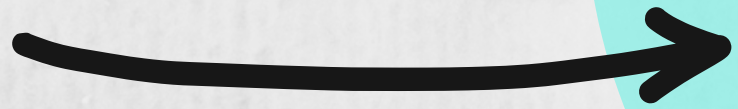


"Pain is in the brain"

How many brains are
there?



central nervous system



peripheral nervous system



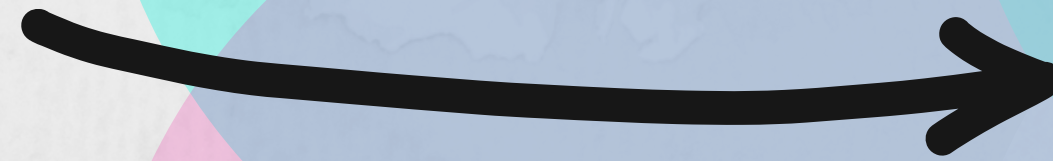
This is an assessment
of how appropriate
timing is measured
via Afferent (sensory)
nerve into
efferent(action) nerve
response ie.stretch
reflex arch

Neuro-myo fascial
systems

Golgi tendon

Paccini Form

Robert Schelip



Muscle and fascia
spindles

Raffini free nerve
endings

What is fascia and why do we need to know?

Biomechanics


A modality of many parts,
separate pieces & levers
mechanics.

Biotensegrity

Tensional and compressive
forces that are global and
integrated in the human
embryonic development as
One biological form in
nature!

Why is this important?

- Fascia is the medium that brings everything together
- As movement specialist is on us to have knowledge and be up to date.
- **it is crucial that we have clarity and purpose when utilising the protocols of exercise physiology that underpin our method of movement.**



you are not alone

- Never feel alone!
- Always reach out for clarification or help.
- Avoid assumptions , no two cases will be the same.
- Sometimes it's not your fault if things don't work !

you are not alone

- Ensure you have created a referral network.
- That includes:
 - both physical & mental therapy,
 - nutrition (leaky gut syndrome),
 - doctor and
 - other complimentary services that you have developed a relationship with.

- Remember you're not Harry Potter !
- What we do might appear like magic but really it's all a game, be honest and maintain your integrity and recognise your efforts are true.