

WEEK THREE

Education Topic: Pain Science

Inflammatory

Normal healthy part of acute healing

Nociceptive

Fast acting, important for avoiding dangers

Neuropathic

Nerve tissue is stressed/injured/exposed to inflammation

Central Pain

Acts as an amplifier and can hijack normal sensory pathways

Adaptive

Maladaptive

Resources:

Book

Explain Pain

By David S. Butler & Lorimer Moseley

YouTube

Understanding Pain in less than 5 minutes, and what to do about it!

https://www.youtube.com/watch?v=C_3phB93rvI

Homework

Continue with:

1. 10 Hip Hinges and Passovers 4-5 times a day
 - Spread throughout the day e.g., morning/lunch/afternoon
 - Do NOT do 40-50 at once
2. Apply the hinge and sit to stand pattern everywhere possible
3. Work on challenging stability movements:
 - ❖ Wall Angels
 - ❖ Banded Walk
 - ❖ Balancing
 - ❖ Pull Aparts
 - ❖ Calf Raises