

## PAIN MANAGEMENT

- I. Describe Condition
  - A. PHYSICAL BODY—nervous system sends a message from site of injury or trauma through spinal column to the brain. Only when the brain perceives the message will pain be perceived. Message can go on a “fast track” which is acute pain, like stubbing your toe, or it can move on a “slow track” which tends to be a dull, aching, burning and cramping. Where “fast pain” ends in the thalamus or cortex, “slow pain” ends in the hypothalamus and limbic structures. The hypothalamus is responsible for telling the pituitary to release certain stress hormones. The limbic structures are the place where your emotions are processed. There is also a downward tract, mostly chemical in nature, from the brain to the pain that modifies the pain messages going to the brain. This is why therapies that are brain centered are the most effective, like hypnosis, yoga nidra, and biofeedback. Blood flow is compromised due to tightness of muscles and joints. Immune system and endocrine are weakened because body is busy producing hormones to release pain and stress hormones rather than those necessary for overall health. In general no energy flow or awareness in chakras, nadis or nature.
  - B. PSYCHO EMOTIONAL REALM: there may be depression, aggression, low self-esteem, self-worth, negative thinking and relationships are compromised in all areas of life—social, work, family.
  - C. WITNESS AND WISDOM. Body is so caught up in the pain they are literally blinded to the patterns and causes in order to change. Relationship with God is one of separation NOT unity. Could see the pain as just punishment.
- II. STRESS CYCLE: is very apparent. Pain could have started as a result of a stressful job situation. As pain increases, muscles tighten and produce lactic acid, sending chemical messages to brain to prepare body for fight or flight. Also, troubling thoughts “Will I always feel like this?” thoughts create more contraction/pain.
- III. AYURVEDIC PROFILE—Vata imbalance and vata is responsible for nervous system. Vata creates pain and pain feeds vata. Ama makes them lethargic, irritable and depressed. Pitta would become angry and have secondary inflammation. Vata would be most affected and would probably fall apart. Kapha would become depressed, gain weight and be likely to develop addictions.
- IV. WELLNESS PRINCIPLES—
  - A. Physical Body
    1. Body awareness
    2. Somatics
    3. Yogassage
    4. Show flow in and out of postures
    5. Restorative
  - B. Energy Body
    1. Cooling pranayama
    2. Chakra awareness
    3. Prana vayu
    4. Connect with nature
  - C. Psycho Emotional Body
    1. Guided imagery – heart
    2. Yoga Nidra
    3. Being aware of thought patterns
  - D. Wisdom Body
    1. Meditation
      - a. Watch screen at 3<sup>rd</sup> eye
      - b. Turn pain up and down with knob
      - c. Visualize fist holding pain then releasing fist and pain
  - E. Bliss Body
    1. Mantra

2. Mudra
3. Affirmation

V. Class Plan

- A. Body Scan—In savasana, briefly look through the body, noticing any sensations they feel, without judgement or attachment. Bring awareness to the breath, slowly moving awareness up chakras, sensing the colors of the chakras.
- B. Come to seated posture. Anti-anxiety breath: take a normal inhale and normal exhale, hold breath out 2 seconds, then repeat. Allow exhale to gradually lengthen. Bring hands together in namaste at the heart, interlace fingers and extend index fingers up, thumbs down, and place hands over heart. As outbreath lengthens, notice how in-breath expands into all the open spaces of body. Let breath leave body through left nostril. Continue, allowing inbreath to seep into darker areas of the body.
- C. Warm-ups: Somatics shoulder/neck movements; cat stretches, lateral cat stretches, hip circles.
- D. Asana:
  - Child pose with massage
  - Prone extension—lay on belly, stretch out through arms and legs with yogassage
  - Lift up onto elbows, rest chin in hands
  - Supine knee-to-chest with massage
  - Yogassage hip circles (passive)
  - Supine hamstring stretch with massage (passive)
  - Supported seated forward fold
  - Lying twist with bolster behind back
  - 4-part pelvic lift, inhaling arms overhead, exhaling down, sighing “AHHHH”
  - Both knees to chest
  - Savasana
- E. Guided imagery/relaxation:
  - While in savasana: Imagine a turn-knob in each hand. Right hand knob controls pain; left hand knob controls relaxation. Turn up pain knob as high as it will go. Feel the level of pain. Begin to turn down pain knob as you increase volume of relaxation knob. Turn down pain knob until it clicks off as relaxation knob continues to maximum softness. As the body continues to soften see in the distance a small child who seems to be hurt, suffering. As you approach the child, notice that the child looks familiar. You see the pain in the child’s eyes. Hold and soothe the child, easing the pain. As you cradle the child, notice that the child is you. Cradle the pain with compassion and mercy. Allow the child to soften in your embrace.
- F. Meditation: Sit quietly, watching the breath move freely through the body as you watch sensations on the tv screen.
- G. Mantra/Affirmation: I live in respectful relationship with pain and I know I am not the pain.
- H. Sharing

If we do a mantra, it would be “Om gum Ganapatayei Namaha” (to remove energy blockages)