



Nanaimo Central Island Pain Program Rehabilitation Resources

250.739.5978

Offered By Our Clinic	Group Name	Description
GETTING STARTED	ORIENTATION & PACING	Education to help build a slow, safe movement plan to retrain your pain system. CLASS RECORDINGS OR ZOOM: Orientation Explain Pain https://vimeo.com/403452029 Pacing https://vimeo.com/403456880 ZOOM (video or telephone option) -call to book
GETTING MOVING	LOW BACK OR NECK PAIN OR SI	How to manage the resulting from structural and mechanical changes in the neck or back. CLASS RECORDINGS OR ZOOM: NECK https://vimeo.com/403450843 LOW BACK https://vimeo.com/403447738 ZOOM (video or telephone option) – call to book
CALMING	WIND DOWN	Education to learn how pain can affect all aspects of your life and the tools that can help calm the nervous system. You will practice body-scanning, meditation, breathing techniques, muscle relaxation, managing thoughts & self-talk. ZOOM (video or telephone option) Every other Friday – call to book
GETTING ANSWERS & GUIDANCE	FIBROMYALGIA & TOTAL BODY PAIN	Evidenced based interventions and management strategies include: Slow gentle mobility, meditation, relaxation, sleep hygiene and medications – <i>call to book. A commitment to participate in a 5 week class series required</i>
RELAXATION WITH GENTLE MOVEMENT	CHAIR QI GONG	Combine slow and safe movement with breath to calm your nervous system. This practice is modifiable and will be performed seated. Please only move within your comfortable range and be medically cleared to join. You must have a camera connection to participate. Wednesdays. Call to book and have the Zoom link sent to you. Vimeo video link https://vimeo.com/371675565
WEB BASED MOBILITY AND RELAXATION LINKS & RESOURCES	GENTLE MOBILITY	A light exercise program designed for strengthening and improving movement patterns. Integrated calming techniques are used. Foundations of movement are developed and practiced by a variety of professionals associated with Pain BC https://lifeisnow.ca/courses/first-five-steps-free/ OR https://www.youtube.com/user/PainBC
	CHAIR YOGA	Challenge yourself with safe movement sequences connecting with your breath. https://youtu.be/EPsWYO-kWdU
	MINDFUL MEDITATION	Learn about pain and stress management by discussing and practicing mindfulness and meditation. https://www.youtube.com/watch?v=Q-L2ZKYMsag

HIGHLIGHTS and KEY POINTS

- Chronic pain *cannot* be treated like acute pain. Lifestyle changes and/or conscious effort must be made to help your nerves from sending incorrect messages to your brain.
- Pain is a protection response.
- Your nervous system has changed and sends the “danger” messages very easily. This tells your nervous system to go into and stay in *fight and flight mode*. It is now registering normal stimuli (loud sounds, stressors) as threats to the body.
- You can help your nervous system to “wind down” by being **aware** of triggers and knowing that pain isn’t always an indication of tissue damage
- When combined with self-management, interventions help to decrease pain levels and increase your quality of life.

You DO have control

By making an effort to shift your nervous system into the *relaxed state* you will start your own pain relieving system working again. This will help to calm the perceived threat to reduce the flight and fight response.
30 Minutes of Relaxation, 30 Minutes of Enjoyment/Laughter, 30 minutes of Gentle Movement every day

HOW?

- 1) Go to www.painbc.ca
 - a. Build a personalized plan <https://www.liveplanbe.ca/>
 - b. Sign up for the free coach <https://www.painbc.ca/about/programs/coaching-health>
 - c. Join the Pain Support and Wellness Group for Vancouver Island.
www.painbc.ca/supportgroups
- 2) Go to <https://www.painscience.com/articles/pain-is-weird.php> for an up-to-date summary of pain science. Includes patient centered videos on persistent pain topics.
- 3) Go to www.bcalm.ca
- 4) Go to www.anxietycanada.com to help with changing your thoughts to change your pain.
- 5) For Wind down and Meditation:
 - a. Body Scanning <https://www.youtube.com/watch?v=HsmSEZmUT8o>
 - b. Meditation <https://www.youtube.com/watch?v=Q-L2ZKYM sag>
 - c. Progressive Muscle Relaxation https://youtu.be/8pT_gHcgPd8
 - d. Breath Meditation <https://youtu.be/67SeR3Lxtdl>

Other useful Websites and Books:

- Neil Pearson Physiotherapist and Pain Specialist website <https://paincareu.com/> (Yoga videos)
- **The Pain Relief Secret** book by Sarah Warren
- **Retrain Pain** <http://www.retrainpain.org/>
- **Explain Pain** book by David Butler and G Lorimer Moseley www.tamethebeast.org
- **The Back Mechanic** book by Stuart McGill
- **Crooked** book by Cathryn Jakobson Ramin

PLEASE REACH OUT IF YOU NEED HELP:

Island Wide 24 Hour Crisis Line 1.888.494.3888

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