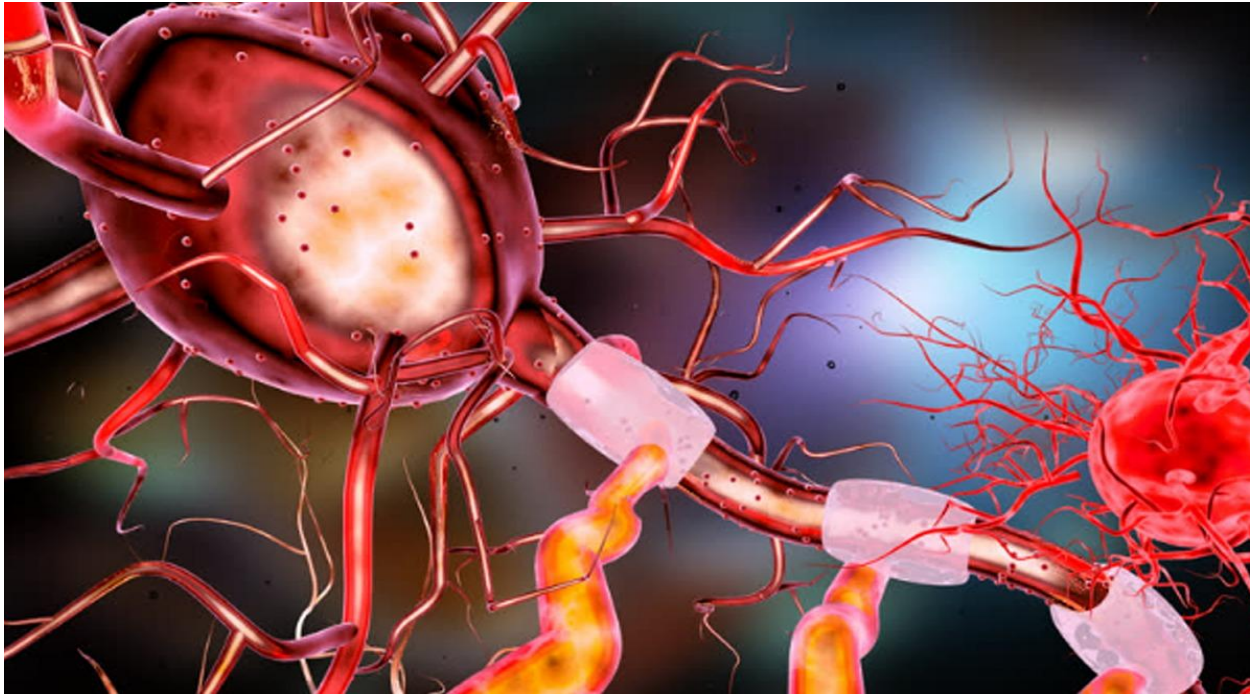


Define Wellness and Physical Therapy inc.

BREATHING TO HEAL YOUR PAIN AND IMPROVE PERFORMANCE



Introduction

BREATHING CONNECTS THE BRAIN TO THE NERVES

Your brain is one amazing computer and has powers beyond our imagination. For example, a part of the brain called the limbic system controls the emotions and is found to be 5x stronger than any other part of your brain. That means it can make you stronger in a competition if you know how to control it OR it can hold us hostage in pain or fear of returning to normal movements.

Deep diaphragmatic breathing is the connection that allows us to control the brain and modify how it impacts our nervous system. Telling the brain to turn down the noise can improve chronic pain, fibromyalgia, headaches, and allow your body to heal naturally.

Breathing fast will impact the sympathetic nervous system (our fight or flight reaction to any threat or pain) leading to increased muscle tension, blood flow redirection, alertness of reaction time/reflexes, and overall heightening nervous sensation.

Remember how strong the brain can be and how the brain impacts the physical body through the nervous system. Stop blaming the muscles for the stiffness or aches and pains. Understanding how the body uses neurodynamics is also a key to higher human performance, reducing anxiety or Post Traumatic Stress Disorder (PTSD) and decreasing pain cycles post surgery.

Treatment Techniques:

“It might take this one exercise for 2-10 minutes a day to control your chronic pain”



Technique #1

Diaphragm breathing for down regulation of the nervous system:

You will need to find a place to sit where nobody might distract or bother you like a place outside in your garden, back porch, rest area outside your workplace, or really anywhere you feel comfortable.

First, place your hands on your stomach and sit as tall as possible and proceed with at least 5-10 deep slow breaths, ideally with your eyes closed, starting in

through the nose and out through the mouth. Think and feel each breath get deeper and slower, focusing on the top and bottom ends of your lung capacity, and with every exhalation try to relax any problem areas or areas you feel tight. You should feel the abdominals contract, focus on pushing all the dead air out. Ensure the breath starts and finishes in your stomach.

Evaluation Through Breathe:

Challenge yourself to evaluate and explore your body's needs with breath. If you're looking to heal yourself through breathing mobilization techniques then you must listen to your body and target those areas of stress or tension. Find where your body is not expanding as easily or has regular pain and direct your breathing into those areas. I have an old lower back fracture from competitive skiing as an adolescent athlete. I focus my breathing into my lower back. When I breathe, I usually have less expansion from my lower back since I expand more from my front stomach area with my first breath in. A normal breathing pattern is with equal front to back and side to side expansion without tightness or pain limiting movement.

Breathe in Positions of Restrictions:

If you have tight fascia (the tissue holding everything together), it feels like having a T-shirt that is a little too small and each breath is stretching that tent-like tissue and letting go of the muscle tension that could be pressing outwards into the fascia. This is where breathing in postures or positions of tension has the best impact. I love to find positions that stretch those areas such as a Child's pose or the pretzel rotational stretch position and use this breathing sequence to regain normal mobility and reduce my pain. Breathe into that area with the intention to encourage a better stretch to the soft tissue, joints, and fascia.



Conclusion

There are many ways to improve your pain or gain an advantage in a sport performance, but these are the things I have learned from the great elite athletes and in my own experience with professional athletes. It seems to be these small things that nobody thinks are significant and

are the things that allow people to seek the highest level of performance and are used daily for my pain patients.



This sequence could take 2-10 minutes as it will be different for each individual and will be more effective over time with daily consistent practice.

“I challenge you to try this everyday for one month and tell me if it worked.” Did you perform better during a run, did you feel more energized or just less pain or tension? Did you find you're sleeping better?

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