

Chronic Pain



LEARNING TO MANAGE IT BEFORE IT MANAGES YOU

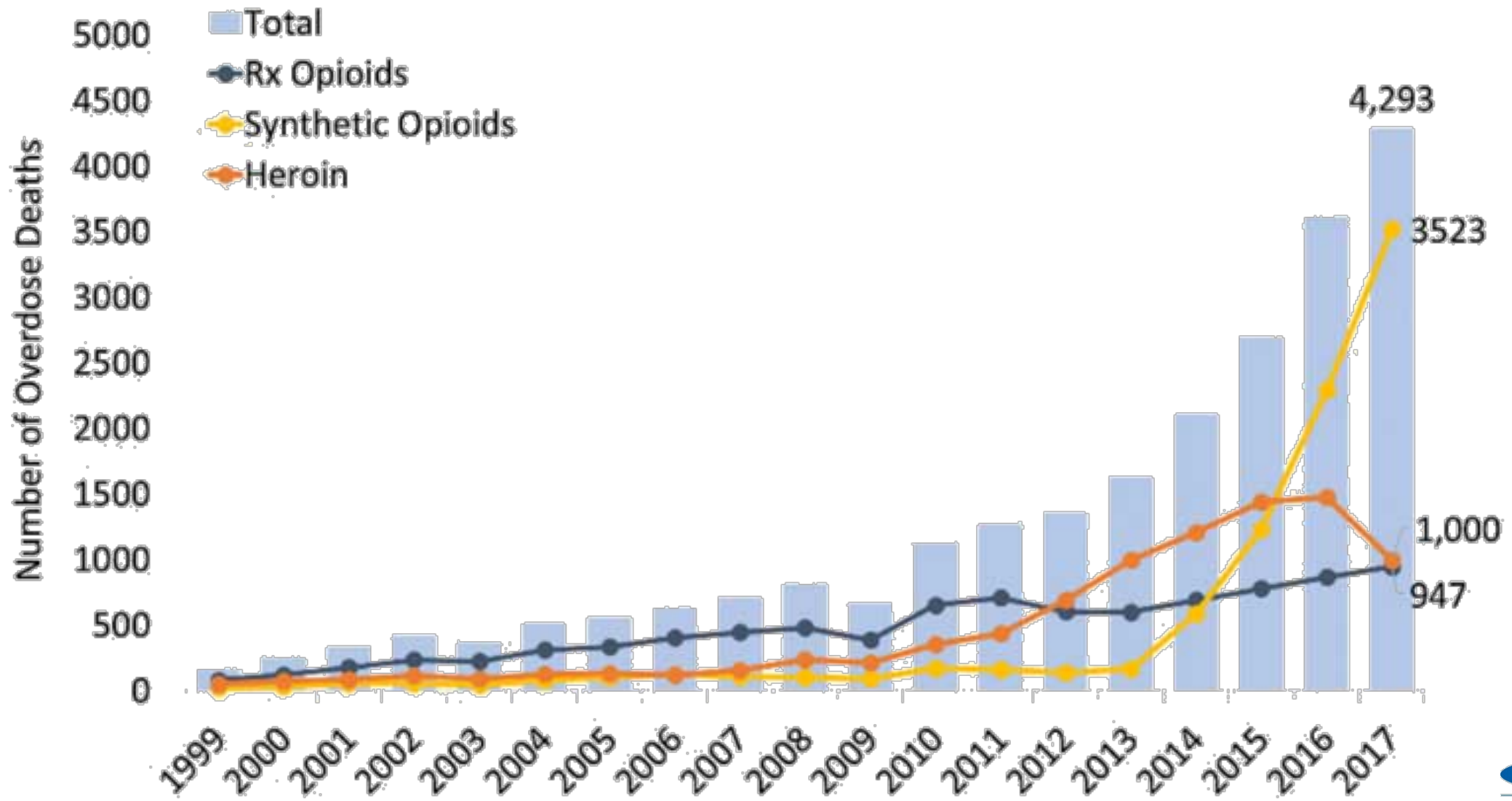
KARLA GLEASON, P.T.



NOMS

CPW
HEALTHCARE







VS.

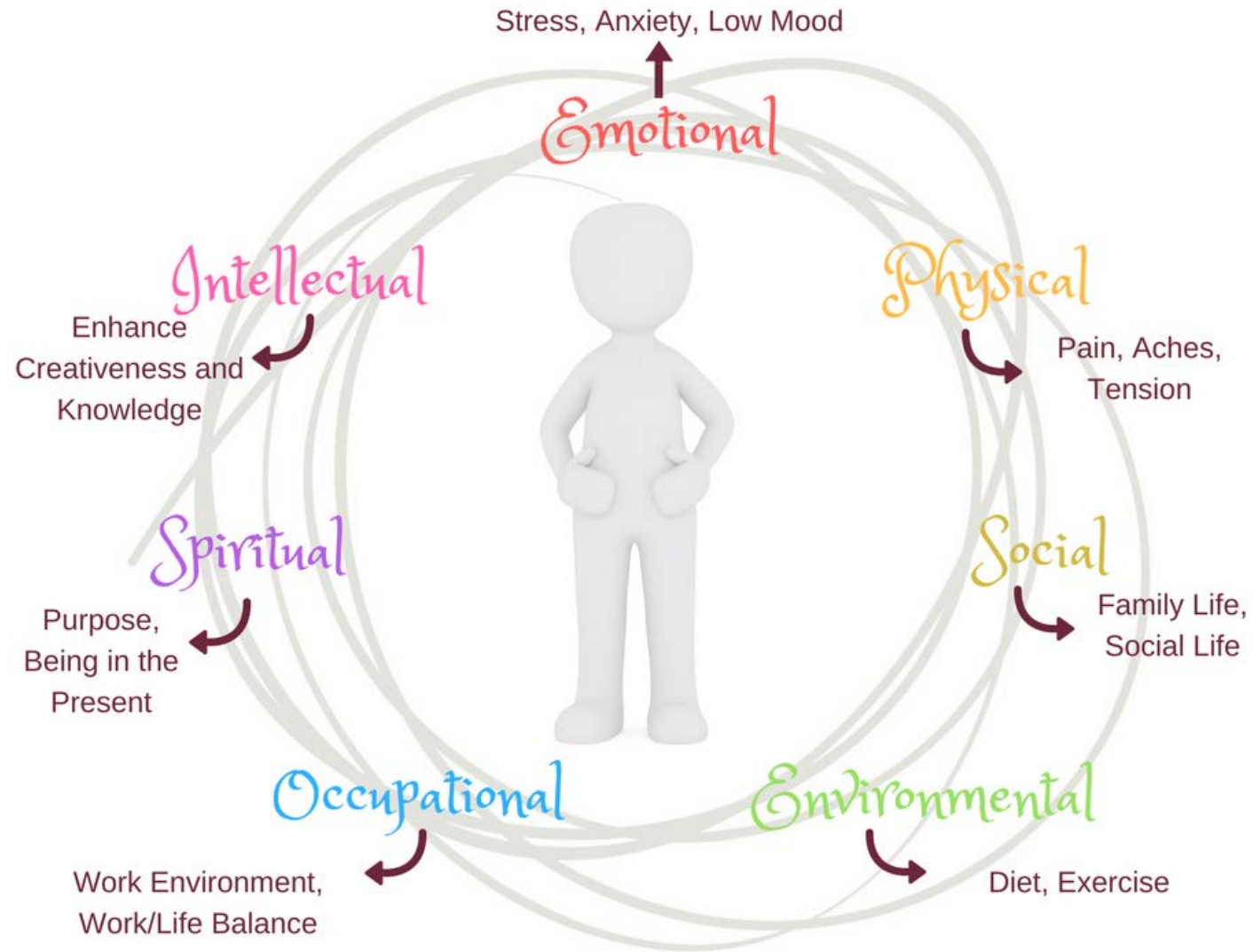


PAIN RELIEF

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CHOOSE THE SAFER WAY TO MANAGE PAIN.

#ChoosePT
MoveForwardPT.com



NOMS CPW Chronic Pain Program

- Aerobic exercise
- Aquatic Exercise
- Diaphragmatic breathing
- Dry Needling
- Education on Sleep
- E.F.T.
- Essential oil education
- Home ex program
- Manual Therapy
- Nutrition
- Postural Correction
- Relaxation Techniques
- Stretching/Flexibility
- Strengthening
- Smoking Cessation



Traditional P.T.



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- Aquatic Exercise
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- Manual Therapy

EXERCISE

If we had a pill that conferred all the proven health benefits of exercise, physicians would prescribe it to every patient and our healthcare system would find a way to make sure every patient had access to this wonder drug.

-RE Sallis (*Journal Sports Medicine* 2009)



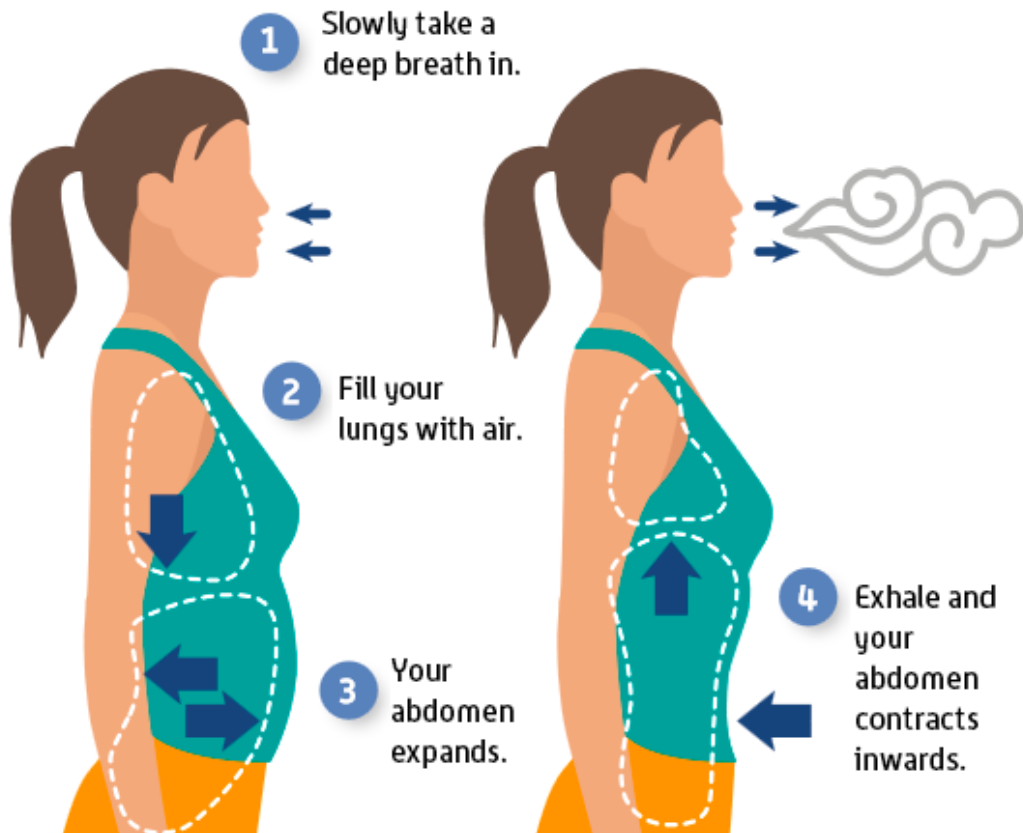
Chronic Pain Program



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DIAPHRAGMATIC BREATHING

“Belly Breathing”



Vagus Nerve

- Stimulated through diaphragmatic breathing
- 10th cranial nerve
- Activates relaxation response (parasympathetic NS)
- Depends on acetylcholine to function (low carb/high fat diet)
- Relaxes you
- Reduces inflammation

DRY NEEDLING



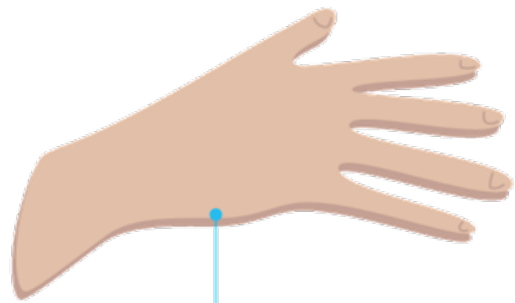


PROPER SLEEP

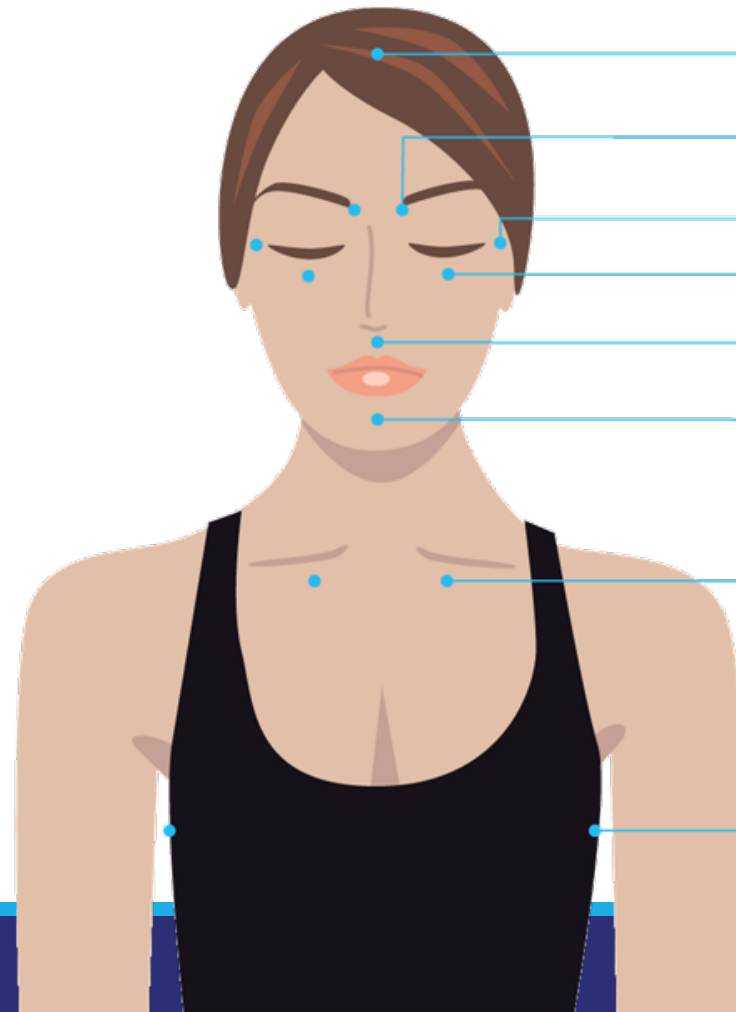
E.F.T. Emotional Freedom Technique

“EFT is a self-help technique that involves tapping near the end points of “energy meridians” located around the body in order to reduce tension and promote a deeper mind-body connection”

EFT Tapping Points



● KC: karate chop



● TH: top of head

● EB: eyebrow

● SE: side of eye

● UE: under eye

● UN: under nose

● CH: chin

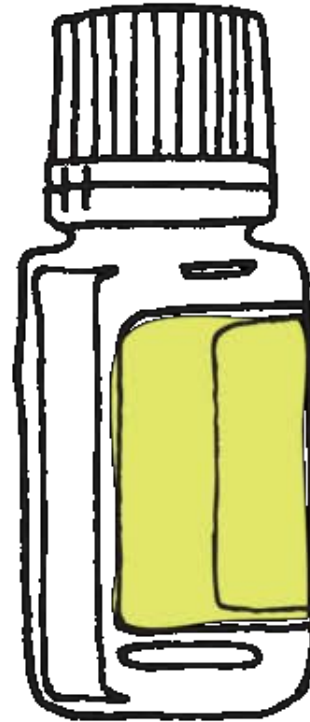
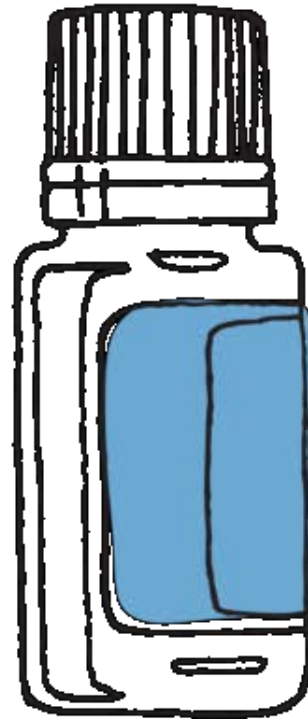
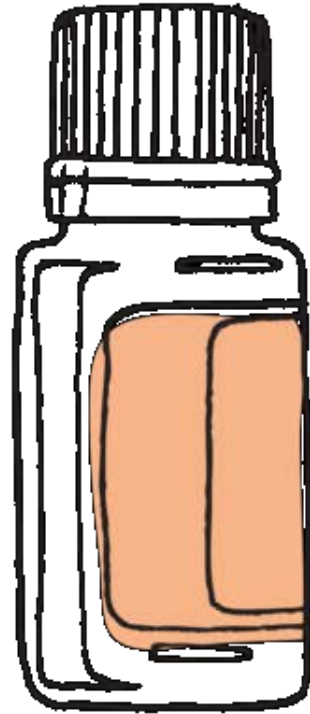
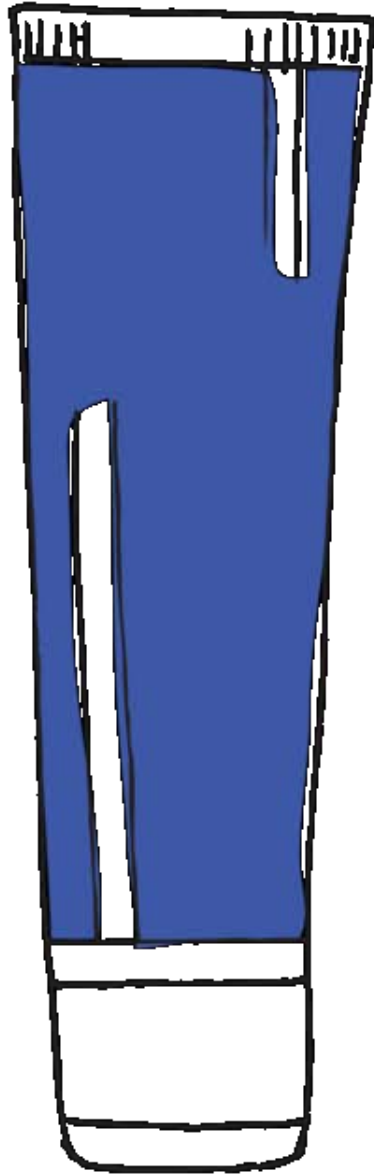
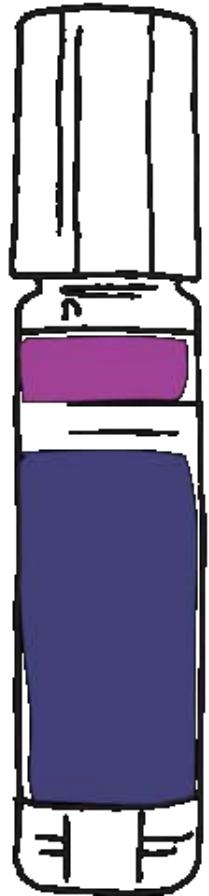
● CB: collarbone

● UA: under arm

Essential Oil Education



doTERRA



Deep Blue Products





dōTERRA's Alternative to CBD

Human Endocannabinoid System

THC, CBD, and BCP fit like a lock and key into existing human receptors. These receptors are part of the endocannabinoid system which impact physiological processes affecting pain modulation, memory, and appetite plus anti-inflammatory effects and other immune system responses. The endocannabinoid system comprises two types of receptors, CB1 and CB2, which serve distinct functions in human health and well-being



THC
Tetrahydrocannabinol



CBD
Cannabidiol



BCP
Beta-caryophyllene



CB1 receptors are primarily found in the brain and central nervous system, and to a lesser extent in other tissues.

CBD does not directly "fit" CB1 or CB2 receptors but has powerful indirect effects still being studied.



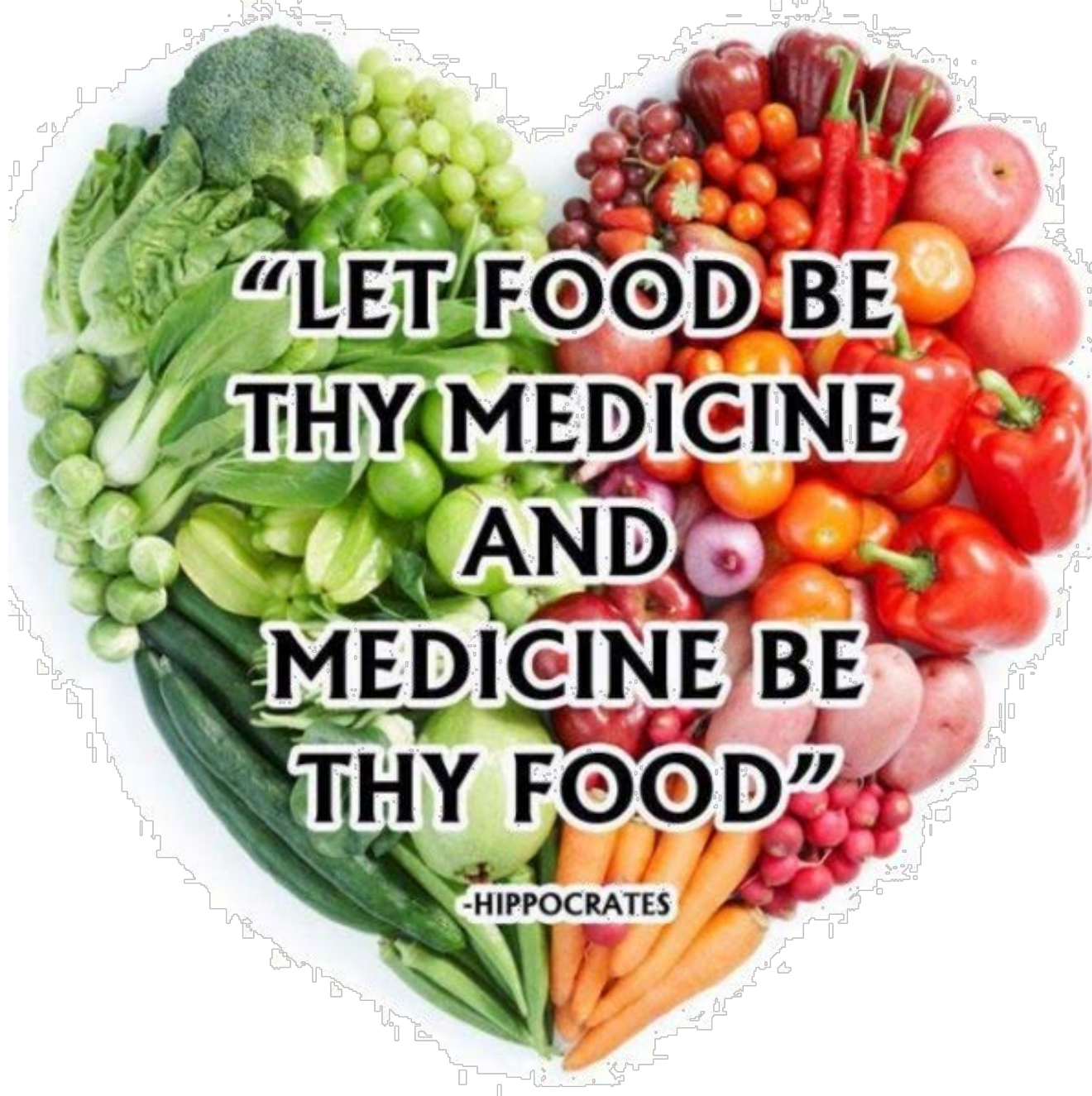
CB2 receptors are mostly in the peripheral organs especially cells associated with the immune system.

Receptors are found on cell surfaces



Karla's top 10 favorite essential oils for pain

Deep Blue
AromaTouch
Frankincense
Marjoram
Copaiba
Basil
Peppermint
Wintergreen
Turmeric
Siberian Fir



**“LET FOOD BE
THY MEDICINE
AND
MEDICINE BE
THY FOOD”**

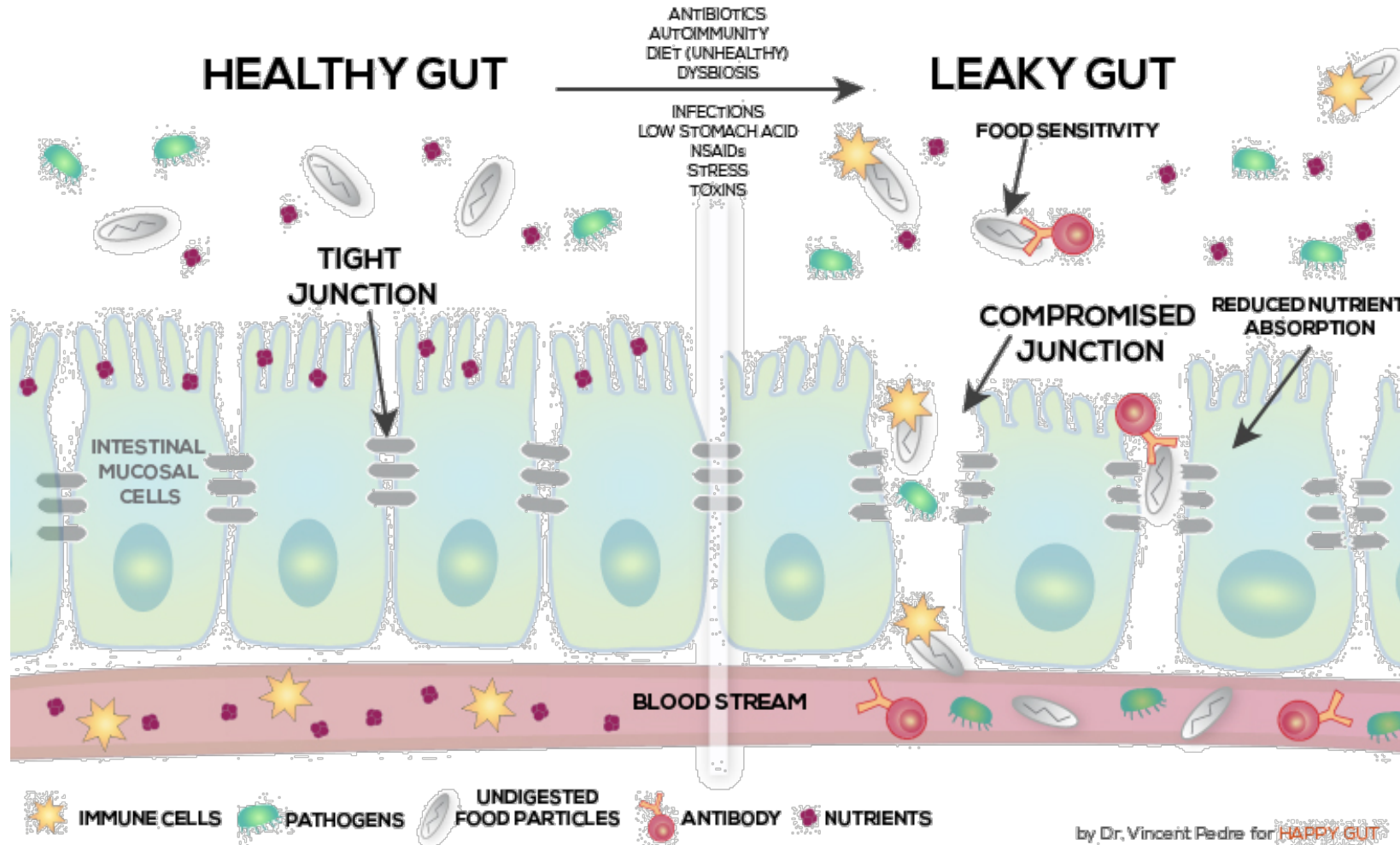
-HIPPOCRATES

NOMS

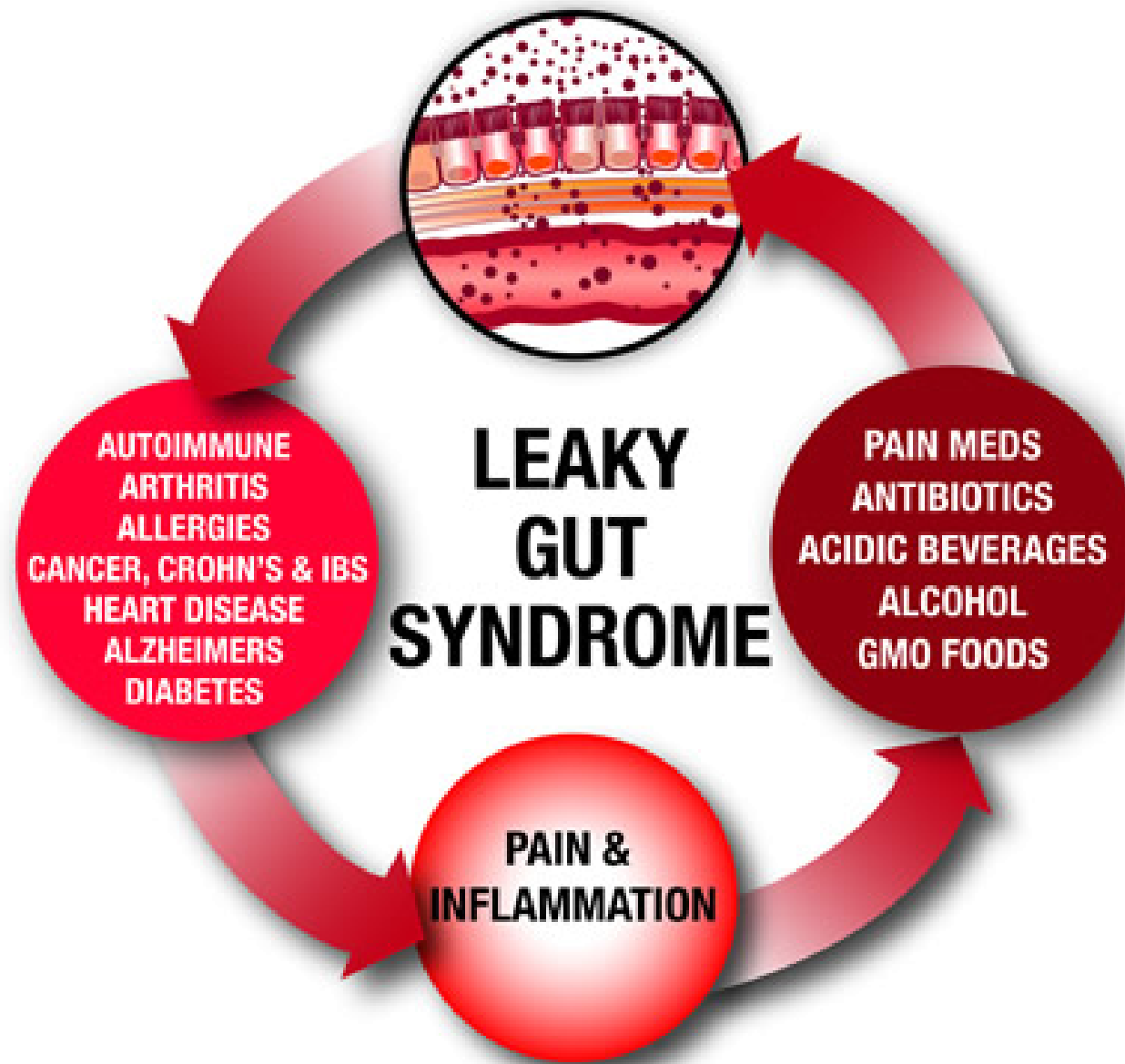
CPW
HEALTHCARE

HEALTHY GUT VERSUS LEAKY GUT

A healthy gut works like a cheese cloth, allowing only nutrients through, but keeping larger food particles and pathogenic bacteria, yeast and parasites out. In a leaky gut, the tight junctions are loosened so undigested food particles and pathogens can get through and activate the immune system, causing inflammation and food sensitivities.



by Dr. Vincent Pedre for **HAPPY GUT**





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