

VI. What Are Pain Makers? How Do We Get Rid of Them?

The goal of this program is simple. We want to decrease the amount of pain makers you experience each day.

In our world, a pain maker is an action or a position that causes pain. The pain may present in your back, or it may be “referred” pain. “Referred” pain originates from a structure in your back but presents in another place on your body (for example, butt, legs, feet).

If you perform a task and you begin to feel pain, then that task is a pain maker. If you move a certain way and it causes pain, that movement is a pain maker. If you are lying in bed on your back and you have pain, that position is a pain maker.

For many of you, these pain makers occur throughout the day and severely limit what you’re able to do. We want you to change that.

By reducing the number of pain makers in your day, you may begin to reduce the sensitivity of your nerves to pain. It has a cascade effect both ways. By increasing pain from pain makers you increase your nerve pain sensitivity. By decreasing pain from pain makers you decrease your nerve pain sensitivity.

People are often surprised to learn that they can eliminate pain simply by monitoring the way they move and activate muscles. By reducing pain makers, you begin to see that you can control the pain in your life. Pain does not have to control you. Essentially, the less pain makers you have, the more you can do.

The Initial Rules

We understand that some of the activities on this list may be important to you. We are not asking for you to give them up forever. We are just asking for you to stop them right now so you can reduce your pain makers. You will be able to return to some of these activities in the future and we will try to provide guidance on how to do so.

Things you need to stop doing NOW:

1. Using a riding lawn mower
2. Shoveling snow
3. Canoeing or using a kayak
4. Horseback riding
5. Lifting weights
6. Cycling
7. Downhill skiing
8. Snowboarding
9. Snowmobiling
10. Hiking in hilly country
11. Prolonged sitting- in a car, on a motorcycle, on a plane, at a computer
12. Yoga
13. Tennis, pickle ball, etc.
14. Running (only if it increases your pain while doing so)