

Level One Commitment (Beginner): What we are trying to do

Level one: Your number one goal with level one commitment is simple, we are trying to reduce your pain levels and possibly any inflammation you may have. We do that using these three methods:

1. Decrease the amount of “pain makers” you experience each day. In our world, a pain maker is an action, a position, or a thing that causes pain. The pain can be in your back, or it may be “referred” pain. Referred pain originates from a structure in your back but refers to some other place in your body (butt, legs foot, etc.) If you perform a task and you begin to feel pain, that action 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 can do. We want you to change that.
2. Use pain management tools from the Bob and Brad toolbox that help decrease or manage your pain. These might include education or guidance on what to do and what to avoid.
3. Use exercise and stretches from Bob and Brad’s toolbox with the end goal of decreasing pain.

Why it is important to decrease the Pain Makers in your day?

- Reduce the pain makers in your day and you begin to reduce the sensitivity of your nerves to pain. It has a cascade effect both ways. Increase pain from pain makers and increases nerve pain sensitivity. Decrease pain from pain makers and decrease nerve pain sensitivity.

People are sometimes surprised to learn the way they move and activate muscles can eliminate pain. By reducing pain makers, you begin to see you control the pain in your life. It does not have to control you.

The fewer pain makers you have, the more you can do.