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# 10 Myths Debunked by the Resolve Pain Method



Resolve Pain *Guru*

CREATE BALANCE • LIVE IN FLOW • THRIVE IN LIFE

## Myth 1: Pain is normal and expected the older we get

This belief is supported by our medical system, which is based on an “illness” model (versus prevention). Holding this belief negates the fact that the human body has the ability to heal itself and misses the fact that healing is a self-driven process guided by the wisdom and intelligence of the human spirit.

We have been taught that when something hurts we get a “quick fix”. The truth is that we need to look at our bodies holistically and recognize that pain presents at the weakest link and not always the source. The truth is that as we age, we move less and more habitually which creates tension patterns in our bodies. Pain with aging has more to do with lack of good movement than aging.

*In the Resolve Pain Method you will learn how to regain easeful, joyful and functional movement so that you can age gracefully doing the things you truly love.*





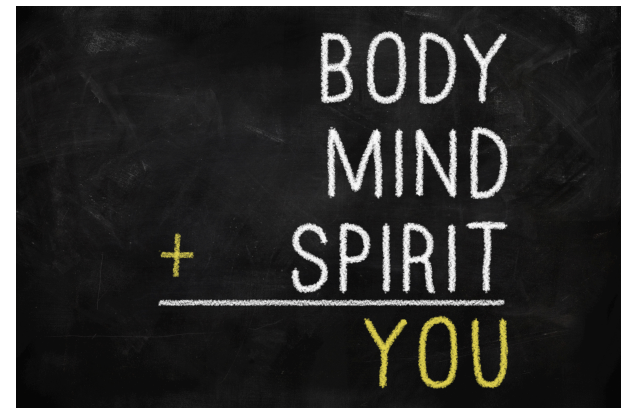
## Myth 2: Pain is just a reflection of a physical problem

Our body holds a cellular memory of all of the physical, mental and emotional experiences we have. These experiences create an imprint on our nervous systems.

Research has proven that the nervous system is continually filtering a multitude of sensory information and it perceives some experiences as normal and some as threatening unbeknownst to us. When we engage in these activities repetitively the nervous system can become overly sensitized and the original benign activity then invokes a pain response from the brain.

Ever notice a particular pain arise every time you are stressed? Stress engages the sympathetic nervous system and influences our pain presentations.

Research has proven that pain is created from both physical experience and mental emotional experiences. In order to resolve pain we must address the mental, emotional and physical aspects of our being.



*The Resolve Pain Method will teach you about the aspects of the mind and how the storehouse of the mind influences health and healing. You will learn how to simply and effectively nourish your overactive nervous system to begin to decrease pain responses in the body.*

### Myth 3: It's ok to push through pain

We are taught that that it is socially acceptable to push through pain. There is a wide misunderstanding that pushing through pain will not result in any consequences and that it may even help us.

The truth is that the more we move in pain the more we teach our bodies to be in pain.

A truly functional body does not have pain. When we have optimal core stability we do not experience back, shoulder and knee pain.



*The Resolve Pain Method will move through an intelligent progression of learning how to take the junk out of trunk of your body so that strength and stability naturally arises.*

## Myth 4: You are weak and need to strengthen

It is a common belief in the fitness world that we must be weak so we need to strengthen. When this comes up with clients that we work with, 90% of the time this is not the case. Generally, when weakness is present it is because the culprit muscle or chain of muscles, are sitting involuntarily contracted at rest (a term in Somatics known as *Sensory Motor Amnesia*).

What this means is that when we go to move and our bodies attempt to access a muscle or group of muscles (inviting it or them to contract and fire), we really only have access to 40-50% of the muscle(s) which gives the illusion of weakness.



With sensory motor amnesia a portion of the muscles is chronically contracted and no longer communicating with the brain.

**How can we have strength from our muscles if only a portion of them are turning on?**

*The Resolve Pain Method will teach you how to invoke a release response in these muscles so they can let go and work properly again. Then when these muscles are asked to contract in a movement, the full range of contraction is accessed, lending to power and strength that was before “locked” and unavailable.*

## Myth 5: Stretching corrects muscle pain

True re-education and access to muscle strength and function can only be corrected with a *Pandiculation* – reconnecting the brains control over the shortening (contracting) and conscious lengthening of the muscles, or movement chain.



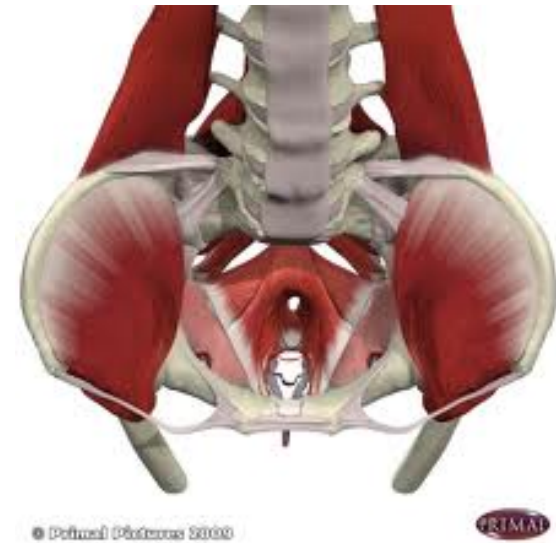
*The Resolve Pain Method will teach you techniques to re-ignite neuromuscular communication and then lead you through functional movement re-education so that you can be strong and easily able to perform the movements that are required of your body in day to day life, in sport and your favorite pastimes.*

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**Myth 6: Incontinence, pelvic floor pain and imbalance are signs of weakness and you need to do more pelvic floor exercises or kegels to correct this**

90% of pelvic floor disorders are from chronic holding and tightness in the pelvic floor, inner body and respiratory diaphragm NOT weakness.

The lasting solution for these conditions require releasing the deep layers tension in the trunk through re-educations of the flexor muscle chain using neuromuscular re-education and accessing dynamic neuromuscular stabilizing breath.



*The Resolve Pain Method will help you restore a functional pelvic floor and the confidence to do the activities you desire without worry of discomfort or embarrassment.*

## Myth 7: Back pain is because of weakness and is normal

In 90% of all the cases we see back pain reflects a chronic shortening of the extensor muscles (back line muscles), and often displays with a co-contraction of the lower abdominal muscles and poor diaphragmatic breath.

This perpetual engagement and “locked on” bracing mechanism of the back line muscles means they are perpetually working and sore, leading to a build up of lactic acid. This also often explains why backs “go out” and why there is a strong feeling of instability in the core/trunk.



From Somatic Methodology this is referred to as *green light reflex*.

One of the biggest contributing factors to the epidemic of back pain is the way we have inappropriately been taught to brace, grip, and tuck before execution of movement. This bracing loads and stresses the spine, causing a dysfunctional series of contractions and further bracing that serves no purpose, only to limit intelligent functional movement and strength.

*The Resolve Pain Method teaches you to recognize the holding/bracing patterns that you have adopted, how to get the back and trunk muscles “online” (contracting and releasing well), and then moves you through intelligent load bearing and functional movement practices that you would do in your day to day life.*



## Myth 8: Sciatica pain just happened to me one day – oh poor me, how unlucky am I?

False – Sciatica is a chronic shortening and holding pattern of the external rotator chain of the lower back and outer hip muscles, and an all too common display of the green light reflex pattern. We should not accept it as commonplace, nor does it have to stay with us forever.

*The Resolve Pain Method will help you understand how to use neuromuscular re-education to restore functional balance to the (flexors, extensor and rotators) and within a short time, release this nagging pain for good.*



## Myth 9: We can manufacture pain-free posture

**This is absolutely incorrect and we will tell you why.**

Lets say you have hyperlordosis (a significant arch in your lower back). This is a common presentation of green light reflex (mentioned in myth 7) and clients are commonly told by therapists that all they have to do to correct this postural display is tilt their pelvis backward and tuck their tailbone, thereby lessening the arch in the lower back. This will fix the problem they are told.

If you are practicing this habit please **let it go right now**. Doing this artificial adjustment of the pelvis, creates a domino effects of other compensations and problems, including forcing the lower back and sacral muscles long into a (stretch reflex position) creating torque across the SI joints, and locks the hip flexors and lower belly muscles short – creating a co-contraction.

Easeful upright posture arises from balanced tonus of our front body (flexor muscles) and back body (extensor muscles).

*The Resolve Pain Method will teach you how to correct these muscular imbalances resulting in a neutral alignment of the shoulders over the pelvis and easeful belly and back muscles.*





## Myth 10: Busy is better = success

The truth is that busy, does not mean healthy and in today's society we need to learn how to turn-off and self-regulate to restore and maintain balance and health.

There is an old Yogic saying that we are born with a certain number of breaths and our lifespan depends on how quickly we use up these breaths.

When we are stressed, when our nervous systems are overly sensitized and we are in pain, our breath shortens and quickens. This leads to restless sleep, decreased immunity, decreased lymphatic drainage and filtering of the bad stuff out of our bodies, tipping the scales from healthful to dis-ease.

Slowing our breath down decreases muscular tension induces a rest and digest parasympathetic response in our nervous systems and this is where pain decreases and self-healing occurs.



*The Resolve Pain Method will teach you how to use interoception to reconnect with the innate wisdom of your being. This will help you to make informed choices and know the right tools and practices to reduce stress and pain, increase energy, improve mood and feel great.*