



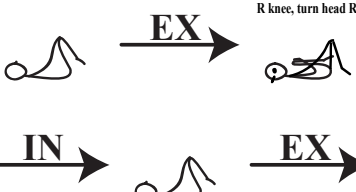



Trauma and Chronic Pain Case Report #1 - 1st 4 sessions

Intentions:

- Manage neck pain through breath-centered gentle movements within a comfortable range of motion
- Begin to understand contract-release-lengthen in simple movements and in guided relaxation as a way to work with pain
- Develop a relationship with the breath as a way to work with the nervous system

<p>1</p> 	<p>Use a neck roll made from a rolled towel. Notice starting point in terms of pain, stress, and anxiety. Connect with what's happening with the breath. 12 breaths to smooth the quality of the breath and to lengthen inhale and exhale.</p>	
<p>2</p> 	<p>Use a neck roll made from a rolled towel. On exhale, elbows bend and stay tucked in toward the body to provide a gentle squeeze between the shoulder blades.</p>	<p>X 6</p>
<p>3</p> 	<p>No neck roll for this posture. Start arms 6" from side, palms up. Then arms 12" from side, palms up. Then arms 18" from side, palms up.</p>	<p>X 2 each arm position</p>
<p>4</p> 	<p>Use neck roll again to support the neck in a pain-free position. Start - bottoms of feet together, knees out to side, arms resting so shoulders and neck are relaxed. Exhale - slowly and gently bring knees toward each other as you contract abdominal muscles and lightly press down through low back. Inhale - return to start position.</p>	<p>X 6</p>
<p>5</p>  <p>R knee, turn head R</p>  <p>L knee/look L</p>	<p>Use a neck roll. Slowly turn head to side moving only within a pain-free range of movement.</p>	<p>X 3 rounds</p>

6



Use a neck roll.
Inhale - soft fist with R hand, flex L foot.
Retain 1 - 2 seconds
Long Exhale - relax
Next inhale - soft fist with L hand, flex R foot.
Retain 1 - 2 seconds
Long Exhale - relax.
As you do this posture, sense your physical body, anchored, grounded. Notice the difference between the tense and hold and relaxation and release.

X 6 rounds

7



Use a neck roll and a pillow under the knees.
Settle into a breathing pattern of:
Inhale 4 seconds - easy, gentle expansion through chest and belly
Exhale 6 seconds - long wave-like release of breath

12 breaths or more