

Patty's PT Tips

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September 21, 2022

Open Forum: What topics would you like me to cover more in depth this year? Please feel free to email your suggestions to me support@msasoco.org

Pain Management-A Rewiring Approach

References: <https://www.curablehealth.com> an app for management of chronic pain \$4.99/mo for 1 year subscription

MS Focus Magazine-Summer 2022 issue MS and Pain <https://msfocus.org/Newsletters-Publications>

4-7-8 Breathing <https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8breath/>

Box Breathing <https://www.youtube.com/watch?v=tEmt1Znux58>

Previous sessions: on Pain Management with Handouts October 6, 2021, May 4 & 11, 2022 on the www.msasoco.org website under News and Events tab- drop down menu: Event Calendar then type in the dates above by clicking on the little calendar icon by the forward/backward arrows on the R hand side.

How To Manage Symptom Flare Ups

1. Observe-no judgement or fear
2. Reset the nervous system-self-talk, breathing, visualization
3. Get curious-changes that are non-physical that may have contributed to symptoms-both positive and/or challenging. How is your brain handling these changes?
4. Keep going-may need to make modifications