

Good versus Bad Pain

Not all pain is “Bad”, in fact in some cases, **daily exposure to “Good pain” is often inevitable and essential for recovery.**

My **Self-movement Test** to see if I have “GOOD” or “BAD” pain will be...

e.g. bend forward, raise arm over head, bend knee, get up from chair, bend elbow

Knowing what you now know about “good pain”, on a scale of 0-10, how important is experiencing good pain to you?

0 1 2 3 4 5 6 7 8 9 10

Why did you not give it a lower number?

What makes experiencing good pain important to you?

- Reduce my nervous system hypersensitivity
- Relieve stress & calm the mind
- Improve my activity level
- Reduce my fear of re-injury
- Reduce stress & anxiety about pain
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To help desensitize your nervous system, what EASY activity can you do on a daily basis in order to experience “Good pain”?

What will you do today to get started?