



Practicing Corrective Movement

The body is a wonderfully self-corrective machine. When you know more about how your body works, you can learn to treat your pain naturally through movement.

The 3 Stages of Recovery from Pain

Ever stubbed your toe? Bumped your funny bone? Twisted your ankle? If so, then you know all about the stages of recovery from pain. Read along, and keep your last injury in mind for comparison.

When you experience pain, your body goes through three separate stages. You move through these stages every time you have pain, without exception, as long as you are alive. These stages are:

1. Withdrawal
2. Protection
3. Resolution

Let's look at them a little closer and see how each of them are different but necessary for recovery.

Withdrawal is your body's way of removing itself from the painful stimulus, to reduce any damage it might sustain. Ever stub your toe? Then you know all about withdrawal – you moved your foot back away from whatever you bumped into, and pretty quickly, too! This is the first stage of response, and it is instinctive – it happens without your conscious awareness.

Protection is your body's way to try to ensure no further painful stimulation occurs. When you stubbed your toe, you grabbed and held it with your hands. That's your body's natural protective response, and it is instinctive – it happens without your conscious awareness.

Resolution is your body's way to restore normal mobility and function to the injured part. Resolution restores the blood flow to the injured tissues so healing can take place. When you stubbed your toe, and you moved it back and forth to help recover, it's just instinctive – it happens without your conscious awareness.

Most people who have a persistent pain problem are stuck in the protection phase – their body is still trying to protect itself, and it's not able to move toward resolving the problem. When you're stuck in the protection phase you may feel stiffness, coldness, and muscle spasm in the area. You may feel as if the body part does not want to move smoothly.

Practicing corrective movement helps you move out of Protection and toward Resolution, and you are doing the corrective movement properly you might feel warmth, a softening, and a relaxing feeling as blood returns to the irritated tissues. Remember, this is instinctive movement – you can't think about doing it, you have to let your body do it without your conscious involvement. Breathe deeply and let the movement happen – your body knows what to do, just let it happen. Remember the characteristics of corrective movement: warmth, softening, surprising and effortless movement.