

- ▶ MINDFUL MOVEMENTS. . . 1
- ▶ CITYVIEW MAGAZINE  
TOPDOCS 2017 . . . . . 2
- ▶ WVLT AND PCET COMMUNITY  
FORUM . . . . . 2

# *Pain Talk*

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## Mindful Movements

Using the idea that the mind and body are intimately connected, it is safe to say that when something happens to one part, the other area is also affected. So, it is important for one part to know what the other part is doing. To help with this connection it is helpful to be focused and centered. When exercising it is good to be attentive on what you are doing right at that moment instead of what one did yesterday or what the rest of today has planned. With chronic pain comes fear of movement, anticipation of pain that may or may not occur, anxiety how long the pain flare up might last, and anticipation of how long it might take to fully recover.



At times there is a lot of self judgment of how well one is doing by comparing yourself to the movements of other people or to what one was able to do before the injury. Being mindful of your motion is to just move without caring how it looks, feels, or is limited. Just starting to move again is an accomplishment in its self. By using judgment-free slow gentle motions in standing, sitting, kneeling, or laying down, one can feel their way through different activities. As you move through an activity it is good to feel when a stretch sensation starts, when it becomes more tension, and when to stop as it turns to pain. By limiting the range of motion to a gentle stretch/tension, or a light even fatigue, a person can re-learn how to move. With better movement, comes longer time of each motion, and improve activity tolerance. The longer you can move with less pain or fatigue, the more you can return to prior hobbies, house chores, yard work, or vocation demands.

### Types of Mindful Movement

Any activity can be changed into a focused gentle motion practice from personal grooming, eating, house chores, or even driving a car. To learn how to relax into a motion and to re-learn how to focus, there are some common structured exercises that can be used. These include Pilates, Tai Chi, and Yoga. These practices can be completed at any age, any life stage, and within any fitness level or positional tolerance.

Read more about Pilates, Tai Chi, Yoga, and PCET Physical Therapy on the Pain Consultants of East Tennessee website blog page at [www.painconsultants.com/blog](http://www.painconsultants.com/blog)

# Choo named to CityView “Top Docs” List

CityView Magazine is honoring the outstanding men and women in our medical community whose dedication and skill have earned the respect of both their patients and their fellow doctors.



Each year, CityView asks area physicians to tell them whom they would choose if they needed specialized care. This is not a popularity contest or a paid survey. Rather, these results are the opinions of the practicing physicians on the front lines of the healthcare industry—the people who see new and unusual cases and situations every day that require specialized medical care.

Dr. James Choo has been named to the Top Docs 2017 list for Pain Medicine. He has been honored by his peers on six previous occasions.

## Choo participates in WVLT community forum on pain management

Pain Consultants of East Tennessee partnered with the Metro Drug Coalition to present a Town Hall event, entitled “What is Pain Management?” on Thursday, January 26th at the Holiday Inn Cedar Bluff. The event was streamed live by WVLT Local 8 Now, Knoxville’s CBS affiliate.



Panelists included:

Karen Pershing, Executive Director of the Metro Drug Coalition; Dr. James Choo, physician at Pain Consultants of East Tennessee; Charles Smith, chronic pain patient; Dr. Mitchell Mutter, State Medical Director for Special Projects; David Rausch, Chief of the Knoxville Police Department.

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