

- ▶ MINDFUL MOVEMENTS. . . 1
- ▶ CITYVIEW MAGAZINE
TOPDOCS 2017 2
- ▶ BREEDEN CHOSEN FOR
AOTA LEADERSHIP. 2

Pain Talk

ISSUE 1 | 2017

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

Drs. Browder and Choo named “Top Docs”

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. Joe Browder and Dr. James Choo have been named to the Top Docs 2017 list for Pain Medicine. Both Dr. Browder and Dr. Choo have been named to the list six times.

Breeden chosen for AOTA Leadership Development Program for Managers

In January, Kimberly Breeden, MS, OTR/L, attended the American Occupational Therapy Association’s Leadership Development Program for Managers held at their headquarters in Bethesda, MD. The purpose of the program is to reinforce best leadership practices and how to apply them in a management role. The program is held annually and is comprised of 15-18 practitioners who were chosen from applicants all over the country.



“I can’t describe what a privilege it was to be a part of such a talented and accomplished group of leaders in our profession”, Breeden said. “I am excited to be able to bring what I learned back to benefit our Functional Rehabilitation Department for PCET”.

Connect with Us Online!

facebook

facebook.com/PainConsultantsOfEastTennessee

twitter

twitter.com/PainConsultsET