

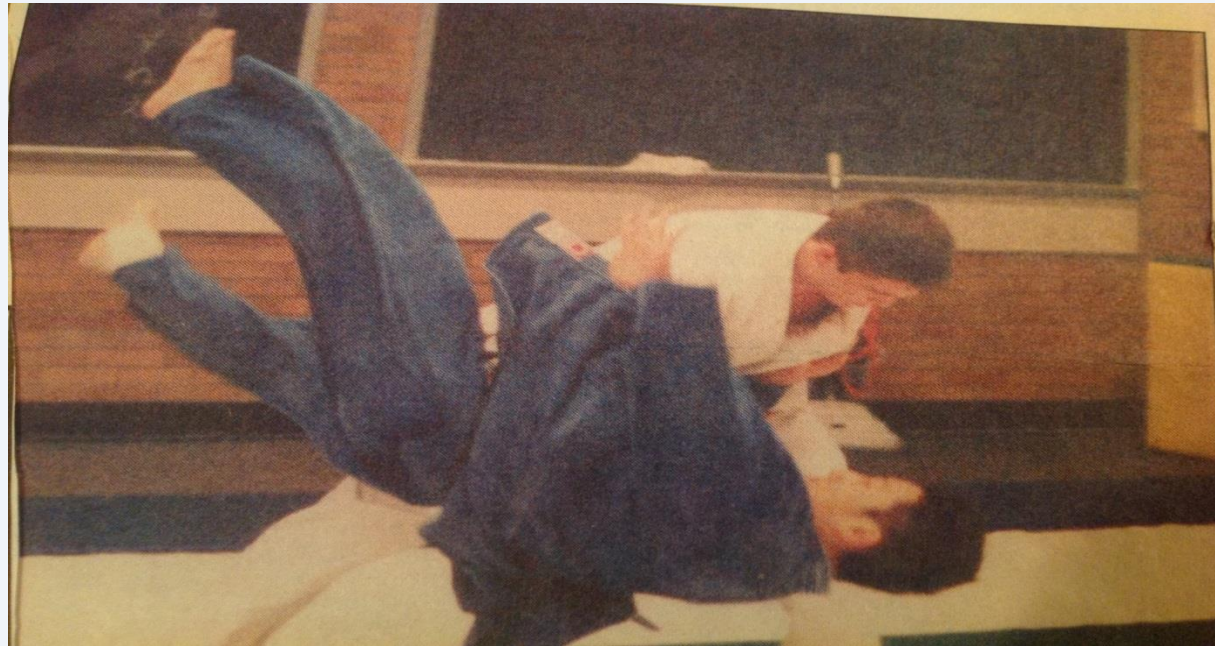
Breaking the Pain Cycle

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NASM Master Instructor

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My Special Interest in Pain 1/3



My Special Interest in Pain 2/3

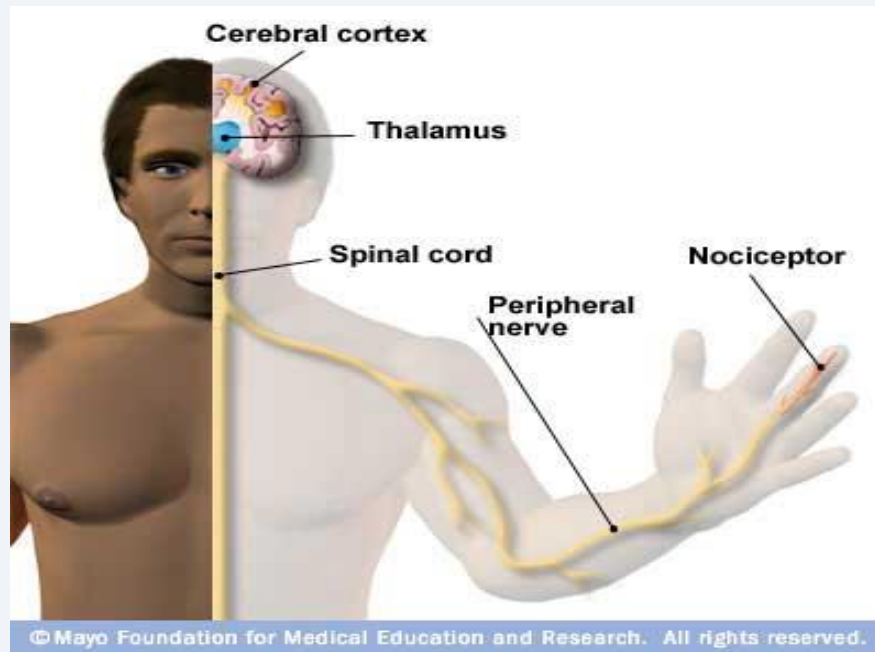


My Special Interest in Pain 3/3



What is pain

- Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage.
 - International Association for the Study of Pain



Chronic Pain

- Chronic Pain affects more Americans than diabetes, heart disease and cancer combined. Low back pain alone is the leading cause of disability in Americans under the age of 45.
- 297-336 Billion dollars per year are lost due to pain. (Days of missed work and productivity included)

Group Warm up!

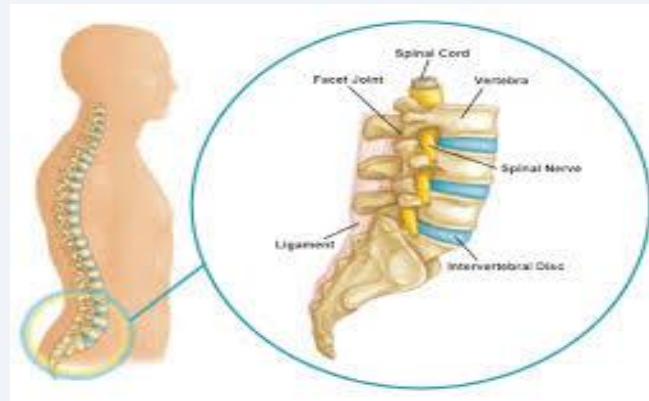
- Skipping
- Side Stepping
- Karaoke Step
- Kick Backs
- Knee Pulls
- Inch Worms
- Spiderman Crawls
- Side Scoots

Most Common Injuries

- Foot and Ankle Injuries
- Knee Injuries
- Low Back Pain
- Shoulder Injuries

Low Back Pain

- One of the major forms of musculoskeletal degeneration seen in adults
- Affects nearly 80% of all adults
- Annual costs attributable to LBP are greater than \$26 Billion.
- 6-15% of athletes during a season will experience an episode of LBP



Lumbar Disc Anatomy

- Insert lumbar disc photo and text here

Causes of Low Back Pain

- Genetics- Inherited increased number of nociceptive fibers
- Smoking- research suggests smokers are nearly 1/3 more likely to have LBP
- Posture- Sitting, Standing, Lifting
- Low back, Abdominal, Glute Weakness
- Lack of hip mobility

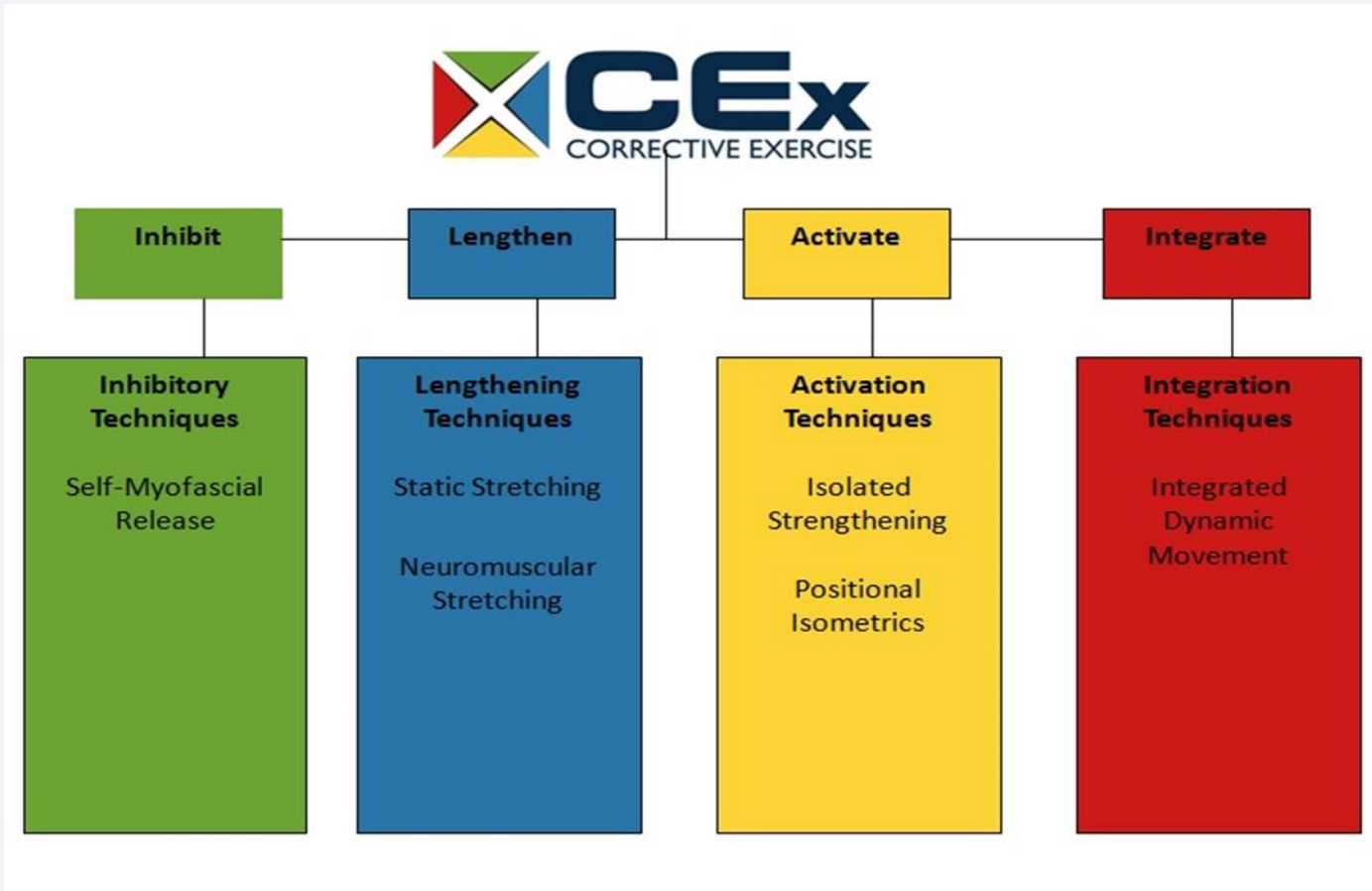
Low Back Pain Exercises

- Lunging Hip Flexor Stretch
- Groin Stretch
- Neutral Spine Crunch
- Bird Dog
- Supine Bridges
- Dying Bug
- Plank (saws, side steps, leg lifts, chops)
- Banana Rolls
- Wall Sits

NASM Corrective Exercise Strategies

- Precursor to heart problems is high blood pressure
- Precursor to poor hygiene and cavities through dental exams
- Physical movement assessments as a screen for musculoskeletal pain

NASM CES



Networking with Professionals

- Medical Doctors
- Physical Therapists
- Certified Athletic Trainers
- Chiropractors

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Thank You!

For Your
Commitment to Excellence