

# WELLNESS LIFESTYLE

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## UNDERSTANDING CHRONIC PAIN

Chronic pain is a complex and multifactorial condition that extends beyond the presence of tissue injury. Unlike acute pain, which serves as a protective signal, chronic pain reflects changes within the nervous system itself. Over time, the brain and spinal cord become more efficient at producing pain signals, a process known as central sensitization. This leads to an increased responsiveness to stimuli and a lowered threshold for discomfort.



## PAIN DEVELOPING AS PELVIC DYSFUNCTION

For individuals with pelvic dysfunction, chronic pain can significantly impact daily function and quality of life. Activities that were once neutral—such as sitting, exercising, or engaging in intimacy—may become associated with discomfort or fear. This often results in avoidance behaviors, which can further reinforce pain pathways and contribute to physical deconditioning. Understanding this cycle is a critical step in breaking it.



## RELEASING STRESS AND RECONNECTING WITH YOUR BODY

### PHYSICAL THERAPY AS A ROAD TO HEALING

Physical therapy offers a powerful intervention by addressing both the mechanical and neurological components of pain. Movement-based therapies help restore normal tissue loading and improve coordination, while education helps patients reinterpret pain signals more accurately. When patients understand that pain does not always indicate damage, they can begin to move with less fear and greater confidence.

Incorporating strategies such as graded exposure, breathwork, and grounding techniques supports nervous system regulation. These approaches help shift the body from a state of heightened alertness to one of relative safety. Over time, this reduces baseline irritability and allows for greater adaptability in response to physical and emotional stressors.



The goal of chronic pain management is not simply to eliminate symptoms but to restore function and resilience. By addressing the underlying neuromechanics and empowering patients with knowledge and tools, clinicians can help individuals regain control over their bodies and improve overall well-being.



# REFERENCES

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