



Chiropractic First Foundational Care

Module One:

The Outdated Nature of the Injury Model and the Science of the Awareness Model

The Injury Model suggests pain arises from a physical incident

- physical trauma—car accident, fall, sports injury
- overuse injury—repeatedly picking up a child, typing on computer
- ergonomic problem—lifting something heavy incorrectly, poor posture at desk

Research indicates that no type of incident, large or repetitive, is predictive of long term pain.

There is NO scientific correlation between long term pain and injury.

The Awareness Model:

Pain, restricted motion and other symptoms come from incorrect communication in your nerves. Pain is a neurological phenomena more than a physical one.

Increased communication of the nerve fibers that create pain and the stress response will cause pain

Decreased communication of the nerve fibers that control healing, movement and muscle activity will cause pain.

Take away-- You can heal and your pain can resolve, regardless of your injury.

Exercises:

- 1) Can you think of a time that you felt pain “for no reason”? Can you think of a time when you were injured and didn’t have lasting pain? What does that show you about the Injury model?
- 2) Think of a specific time when you “hurt yourself” doing something minor, like sleeping in an odd position or bending over. How many other times have you done that and not had pain? Probably many times! What does that suggest to you about the connection between pain and activities?
- 3) The Awareness model tells us that increasing communication will decrease pain. Start moving your body more. Start massaging areas that hurt. Even small, gentle movements will “wake up” your nerves. This will decrease your pain.