

# 5 Steps to Control Your Pain



From the comfort of  
your home

*“When you  
remove the  
fear of pain,  
that’s when  
the magic  
happens”*



*Deanna Hansen*

Founder of Block Therapy



# INTRODUCTION

---

Pain is an inevitable part of life. It is a signal from the cell that it requires attention. Without this, we wouldn't be given the information we need to address our health at any given moment. Like the baby crying, the cell speaks to us through sensation, so we are aware of the area of the body and the urgency in which we need to respond. This is the intelligence of the body, and pain is simply a language from the cell.

The challenge we encounter regarding pain is the **FEAR of pain**. If you don't understand what the pain is, your mind can take you to scenarios of doom and gloom. This is where that voice inside your head becomes a hindrance. When you are afraid, you reactively hold your breath. This increases the pain from the lack of oxygen being sent to the area in need.



The increased pain ramps up the fear, and now you are caught in a never-ending cycle that drives itself.

The amazing news – there is a way out. It's simple, safe and easy to do. **Here are the 5 steps you can take to start taking control of your pain and your life.**

## STEP 1

# *APPLY PRESSURE*

When you have pain, notice how you instinctively take your hand to it. This is because of the Gate Theory which shares how non-painful sensations can override and reduce painful sensations.

The pressure fibers in the body are larger than the pain fibers, so when you have pain surface in an area, applying pressure directly to the spot will override the pain. The key though is that you don't rub or massage the surface area involved, but that you simply apply direct pressure and hold. This allows the nervous system to calm down as the pressure fibers kick in, and within a short period of time, the pain begins to settle. No matter the intensity of pain, pressure is the key to supporting the cells and beginning the healing process.

You can apply pressure with your hand, or you can rest the area of pain on a hard surface for large areas or those hard to reach. Even lying on a rolled-up towel will create enough pressure to bring relief.



## STEP 2

# *CONNECT TO YOUR CONSCIOUS BREATH*

When there is an injury to an area, or a chronic pain is felt, what the cells need first and foremost is oxygen. Notice how instinctively you hold the breath when presented with this situation. The most important thing to do is first apply pressure to calm the sensation, and then connect to the powerful exhalation. Pain is an energy that needs to move out of the body.

When you are afraid, notice how you often resort to shallow breaths that come from the upper chest. Sometimes you can become panicked and hyperventilate as a response. This is when it is important to take a moment, place your hand on your belly and make sure to breathe from this space. When you inhale, the belly should become bigger, and with the exhale it should become smaller. Focusing on the exhale is the key as it will connect you to the vagus nerve and take you to a place of relaxation. This will begin to feed the cells what they need for healing to take place.

### **INHALATION**

Diaphragm moves down, belly expands.



### **EXHALATION**

Diaphragm moves up, belly contracts.

# Now is a great time for you try the Belly position with Block Therapy!



**DO THE BELLY POSITION**

## In This Video, We Will Show You:

1. The difference between breathing through your chest and diaphragm.
2. How to locate, activate and strengthen your diaphragm as well as improve flow in your abdominal organs to improve digestion and elimination.
3. How to use a towel and/or book as a prop to decompress the fascia (connective tissue) in your belly to access your diaphragm .
4. How to pull in more oxygen, increase oxygen absorption and remove toxins from your lungs and tissue.



## STEP 3

# UNDERSTAND THE REAL CAUSES TO YOUR PAIN

Every cell in your body is interconnected through the fascia system. Understanding this is the key to success in getting to the root cause of your pain and suffering. When dealing with chronic issues, it is important to understand that there are **cause sites** at a distance to the **pain site** that also need time and attention.



For example, I have observed that the calves and feet are an important factor when addressing chronic pain. For the majority of people, if you look at your feet while standing in front of a mirror, you will notice that one ankle collapses, or pronates more than the other. This is acting like a flat tire, pulling your body into this system of collapse. Even headaches and issues in the arms and hands will be largely coming from this imbalance.

**Working the calves daily is a wonderful way to release this pattern.**

Below we will share with you the calves position which is one of the main cause sites that need to be addressed and released in order to unwind your body.

# Calves Position

Start by grabbing your folded up towel or hard cover book and position it at the back of your left knee as seen in the picture below. Slowly start to apply pressure by bringing your buttock to your calf. You will feel pressure starting to build in both your left calf and hamstring. The goal here is to find the pain and stay with it for a minimum of 3 minutes while connecting to your conscious diaphragmatic breath.

Once you settle in, you can rock left to right as you exhale fully, releasing tension as you melt through the frozen layers. Remember, this area has been under enormous pressure for years so be patient with yourself and use your breath as your guide. If it is too painful and you cannot breathe in a relaxed manner, ease off and connect to a less intensity. You are in control of how much pain you can withstand, so respect your limits.

Inhale and exhale through the nose.

Once you have completed 3 minutes on the left leg, slowly exhale up and off of the towel or book then repeat on your right leg.





## STEP 4

# *UNDERSTAND POSTURE AND ITS RELATIONSHIP TO PAIN*

Fascia is here to protect us and keep us upright, so when we aren't conscious of posture, this becomes the driver of chronic pain throughout the body. A body out of alignment is full of scar tissue and adhesions that block flow to cells, and this is where pain and suffering enter the picture.

Each cell in the body has its rightful position. As gravity and unconscious posture and breathing drive the body away from correct alignment, adhesions develop in the fascia to stop the body from tipping over. They are here to support you; however, if posture isn't addressed then the adhesions continue to develop and pull the cells even further away from their home. These cells don't receive the nutrients they require to thrive, causing pain, immobility and disease to set in.

Watch these videos to learn some basic connections to provide information and action to help you both understand and make changes to how you sit, stand and move.



**Bracing Your Core**



**Rooting Concept**



**Tongue Alignment**

## STEP 5

# *CONNECT TO LIKE MINDED INDIVIDUALS FOR SUPPORT*


There is nothing like a community to inspire and motivate you to take action when you need a boost, or to soothe and comfort you when you are afraid. Our Block Therapy community is full of beautiful souls who are here to support you and provide their wisdom, as well as share their experience with Block Therapy and how it has helped them. Filled with countless stories of transformation and healing, this is a place where you are welcome to participate or to simply be a quiet observer - whatever you need it to be.

[Join Our Block Therapy Facebook Community](#)



## *Keep Track of Your Progress*

*Record your changes as you go through the exercises we suggest*

A rectangular area filled with a grid of small orange dots, intended for tracking progress or recording changes.

*"Your pain is your roadmap to freedom."*

---

**Healing starts when you remove the fear of pain.** Understand your pain for the value it provides and you will be on your way to address the root cause of your pain and suffering.

Yes, **you** are capable of managing and/or eliminating your pain and getting back to the activities you were not able to perform day-to-day because of pain. Whether that be taking your dog for a long walk, lifting heavy objects, bending over without fear, getting dressed effortlessly, playing sports, or whatever brings **you** joy. As it is the little things in life that make it so full.

Enjoy these 5 Steps to Control Your Pain! Your fascia is ready to take center stage. We are here to support you through your health and healing journey.

Stay with us and we will show you the path from pain to freedom.

Breathe & Believe