



5 **STEPS** **TO CONTROL** **YOUR PAIN**

By Deanna Hansen

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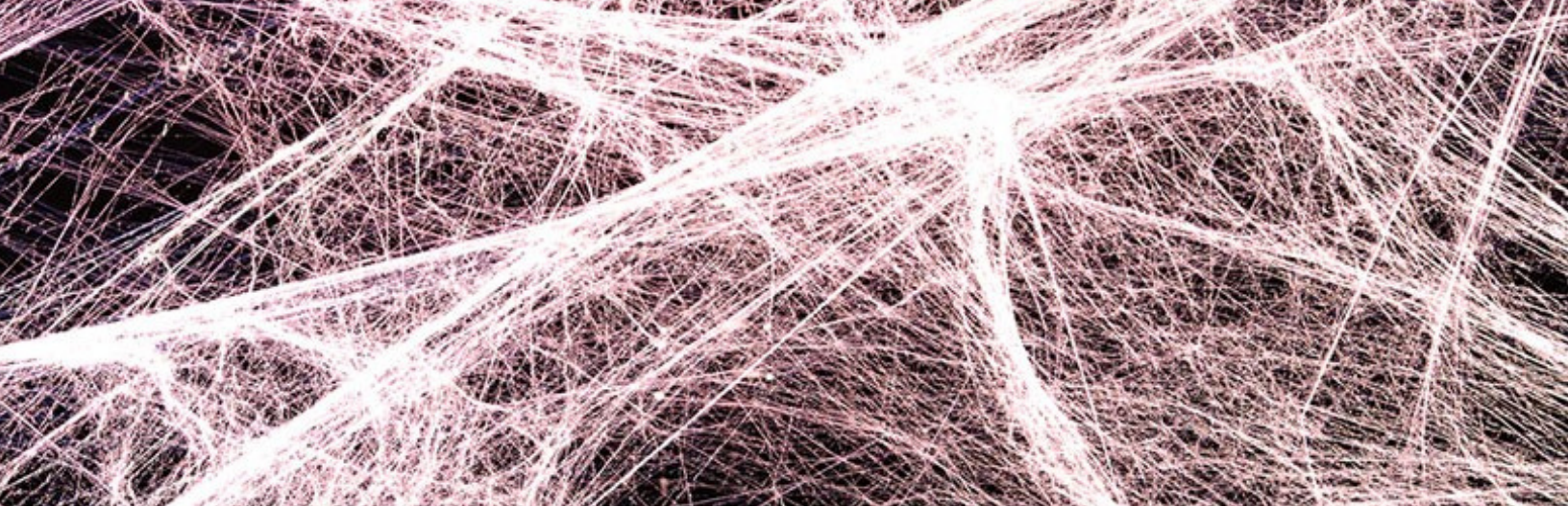
**Addressing The Root Cause
of Pain**

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Every cell in the body is interconnected through the fascia system and understanding this is the key to getting to the root cause of your pain, dis-ease and suffering.

DEANNA HANSEN



Deanna Hansen is a pioneer in the field of fascia decompression for physical and emotional transformation. With more than 20 years of hands-on clinical experience, Deanna created Block Therapy™, a unique fascia-release protocol, to relieve chronic pain and dis-ease, encourage healthy detoxification, and reverse the aging process.



WHAT IS **Fascia?**

Fascia is the communication highway between every cell in your body. It plays a very important role by supporting our body and helping it to function properly. It surrounds and attaches to all of our structures.

Over time, your body adapts to the force of gravity and unconscious living: you become shorter and wider as you age. Adhesions develop between the layers of fascia to create stability in the body as you begin to tip off balance from being dominant on one side. These adhesions create barricades to the flow of the body fluids and energy, overtime creating stagnancy, pain and tension within.

Releasing adhesions in the fascia to support optimal flow of fluids and energy, addressing both cause and pain/issue sites and teaching proper postural foundations, are crucial for successful approach for pain relief.



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.

5 STEPS TO START TAKING CONTROL
OF YOUR PAIN AND YOUR LIFE





Step 1

Applying 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.

HOW TO APPLY PRESSURE





Step 1 cont.

No matter the intensity of pain, pressure is the key to supporting the cells and beginning the healing process.

How to Apply Pressure:

- ▶ Apply pressure with your hand.
- ▶ Rest the area of pain on a hard surface for large areas or those hard to reach.
- ▶ Lying on a rolled-up towel will also create enough pressure to bring relief.

DIAPHRAGMATIC BREATHING





Step 2

Diaphragmatic Breathing

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.

As outlined in "Step 1", first apply pressure to calm the sensation. The next key step is to connect to the powerful exhalation.

Pain is an energy that needs to move out of the body.

No matter the intensity of pain, pressure is the key to supporting the cells and beginning the healing process.

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.

WHAT DOES
THIS LOOK LIKE? 

INHALATION



*Diaphragm
moves down,
belly expands.*

*Diaphragm
moves up,
belly contracts.*



EXHALATION

When you inhale, the belly should become bigger, and with the exhale, it should become smaller. This is referred to as diaphragmatic breathing (also called "abdominal breathing" or "belly breathing"), which encourages full oxygen exchange.

This type of breathing slows the heartbeat and can lower or stabilize blood pressure. Breathing through your diaphragm is like heating your entire house with a furnace, and breathing through the muscles of the upper chest is like turning on only a space heater to heat up one room in your house.

Focusing on the exhale is the key, as it will connect you to the vagus nerve and take you to a place of relaxation.

LET'S PRACTICE
DIAPHRAGMATIC BREATHING 



Step 2 cont.

Now is a great time to practice your diaphragmatic breathing!

How To Breathe Diaphragmatically:

- ▶ Place one hand on your upper chest and the other on your belly, just below your rib cage.
- ▶ Breathe in slowly through your nose, letting the air in deeply towards your lower belly. You want to make sure the hand on your chest remains still while the one on your belly rises.
- ▶ Exhale slowly through your nose, focusing on exhaling and flattening your stomach to remove as much of the air as possible.
- ▶ A good practice is to inhale for a count of 4 and exhale for a LONGER count of 6.

This breathing method will begin to feed the cells what they need for healing to take place.



CAUSE SITE VS. PAIN SITE



Understanding Cause Site vs. Pain Site

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** that are distant from the pain site
- ▶ **PAIN SITES** themselves that also need to be addressed



For example, I have worked with hundreds of clients where the **calves and feet** are a **critical factor** in addressing their chronic pain that is located somewhere else entirely in their bodies!

ADDRESSING A MAJOR
CAUSE SITE OF PAIN





Step 3 cont.

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 ankle collapse, called pronation, is acting very much like a flat tire on a car, pulling your body into this system of imbalance and into a collapsed state.

Even headaches and issues in the arms and hands could be largely coming from this imbalance in your feet.

Working the calves daily is a wonderful way to release this pattern of imbalance in the ankles.

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.

LET'S RELEASE YOUR CALVES



Calves Position

- 1** Start by grabbing your rolled up towel or hard cover book and position it at the back of your left knee as seen in the picture below.
- 2** 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.



NEXT STEPS 

3 Once you settle in, you can rock left to right as you exhale fully, releasing tension as you melt through the frozen layers of fascia.

4 Inhale and exhale through the nose.

5 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.

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 way, ease off and connect to less intensity. You are in control of how much pain you can withstand, so respect your limits.





Step 4

The Powerful Relationship Between Posture and 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.

Unconscious posture can result from:

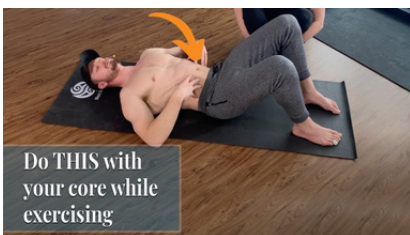
- ✓ Sitting at a desk all day
- ✓ Looking at your phone
- ✓ Laying on the couch
- ✓ Sleeping
- ✓ Standing in line
- ✓ Driving your car
- ✓ Working out incorrectly

POSTURAL TIPS 

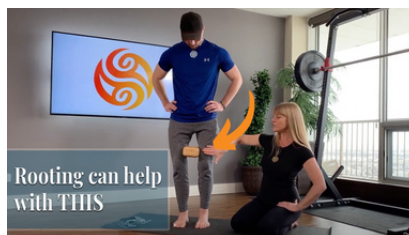
Each cell in your body is here to support you; however, if posture isn't addressed then the adhesions continue to develop and pull the cells even further away from their proper home and placement in your body.

These cells don't receive the nutrients they require to thrive, causing pain, immobility and dis-ease to set in.

Watch these videos to learn some basic postural foundations 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

GET CONNECTED 



Step 5

Connection is Key

When we don't feel well and are in pain we tend to isolate but research shows that being in a community is a significant and effective healing modality. 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 our Block Therapy fascia decompression system 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 THE BLOCK THERAPY
COMMUNITY GROUP**

"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. I see this daily with the clients I work with one-on-one and those in our Block Therapy Community.

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. It is the little things in life that make it so full.

Your fascia is ready to take center stage. I am here to support you through your health and healing journey and show you the path from pain to freedom.

Breathe & Believe

Deanna Hansen

WHAT'S NEXT?





What's Next?

- ✔ You Can Find More Instructional & Educational Videos on our [YouTube Channel](#)
- ✔ Don't Forget to Join Our [Private Block Therapy Facebook Group](#)
- ✔ Learn More About Block Therapy On [Our Website](#)
- ✔ Follow Us on Instagram [@blocktherapy](#)

It's Time to Take Your Healing to the Next Level

- ✔ Receive a 9 Day Program for \$9

» Click Here

SUCCESS STORIES 

Success Stories

"I absolutely LOVED the towel program. My digestion improved from day 1, and my torso gained length. Getting into my hips helped my low back and getting into my armpits and shoulder girdle released tension throughout my upper body! :)" ~ Amy L.

"It's very clear and easy to follow. I found after a couple of sessions that my legs felt more balanced. I've had a hip replacement and everything now feels more even." ~ Pauline R.

"Very intuitive and simple to practice, yet so incredibly effective!" ~ Sandra F.

"It's been absolutely wonderful. I feel safe practicing this due to your deep knowledge and care for helping others. I have started seeing immediate positive changes in my body. I can't wait to get into this more." ~ Gaya F.

"A real eye opening experience in understanding how to breathe and tackling my injuries." ~ Carolina K.

"Terrific program. Your method of working deep into the fascia is unlike anything else online. It has given me great relief from sciatica. And it beautifully supports my lifelong yoga and fitness practice. That's especially important as I enter my mid-70s. Deep gratitude to Deanna and Quinn." ~ Valerie C.

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