

# Do you suffer from Chronic Pain?

If you are suffering a painful condition that has lasted more than 3 months (whiplash, low back pain, fibromyalgia, migraine, muscle tension, neck pain, complex regional pain syndrome, TMJ pain, phantom pain, arthritic pain) and you are willing to learn more about how pain works, this meeting is for YOU!



My name is Ellen Haverstick, PT and I help people with chronic pain problems be able to understand the science of pain.

This is important because it allows their nervous system to be less reactive to chronic pain signals. With the nervous system being less reactive, they are able to gradually rebuild strength, stamina and confidence to allow day to day activities with less pain and fatigue.

As a physical therapist, I have been working with chronic pain patients for over 16 years. I am

**Here are some tips that can help make you better fast.**

A lot of the conventional treatments such as prescription medications, injections, ice, heat, rest, and braces are temporary but don't get to the root cause. **Chronic pain is a PAIN problem, not a tissue problem!**

**THIS PROBLEM REQUIRES** knowledge! Knowledge is power, even when dealing with chronic pain. Chronic pain sufferers often have a poor understanding of causes pain. A specially trained physical therapist can 'explain pain' using simple metaphors and stories that are based on current pain science research.

**ONE QUICK TIP** I recommend you download the *HeadSpace App* and complete the ten free, 10 minute sessions. To your overburdened nervous system, this is comparable to recharging your cell phone.

**ONE REASON WHY** I'm sharing this with you is because I have personally experienced the benefit of learning about pain science to better manage *my own* low back pain problem that persisted even after having surgery to relieve pressure on a nerve from a herniated disc. The surgery was successful and I had given myself plenty of time to heal, so why was I still having pain, muscle spasms, swelling and very limited movements? Why wasn't the traditional approach to managing back pain working for *ME*, an experienced and active physical therapist? Something was missing from the traditional approach to treating low back pain.....

## **HERE'S WHAT I HAVE LEARNED**

*"The emphasis of Pain Neuroscience Education (PNE) is to have patients re-conceptualize their pain and to understand that pain and tissue injury are different constructs."* Emilio J. Puentedura PT, DPT, PhD & Timothy Flynn PT, PhD (2016) Combining manual therapy with pain neuroscience education in the treatment of chronic low back pain: A narrative review of the literature, *Physiotherapy Theory and Practice*, 32:5, 408-414, DOI: 10.1080/09593985.2016.1194663I

If you are serious about wanting to understand what pain is, sign-up for my free class on how understanding modern pain science gives you control over pain instead of pain controlling you!

**This is what you will learn on *Tuesday, August 1, 2017 at 6:00pm at Advanced Physical Therapy Center of downtown Conway:***

1. Why you have never been taught 'how pain works'.
2. The most common misconceptions about 'how pain works' which will change the way you view pain forever!
3. How to immediately begin to implement pain science principles, proven to reduce pain intensity and increase physical abilities.
4. The "treatments" you should think twice about.
5. The lies and truths about pain you must know to regain control over chronic pain.

**Get your FREE PASS to the "Introducing Patients to Modern Pain Science Principles" course at [www.advancedptcenter.com](http://www.advancedptcenter.com).**