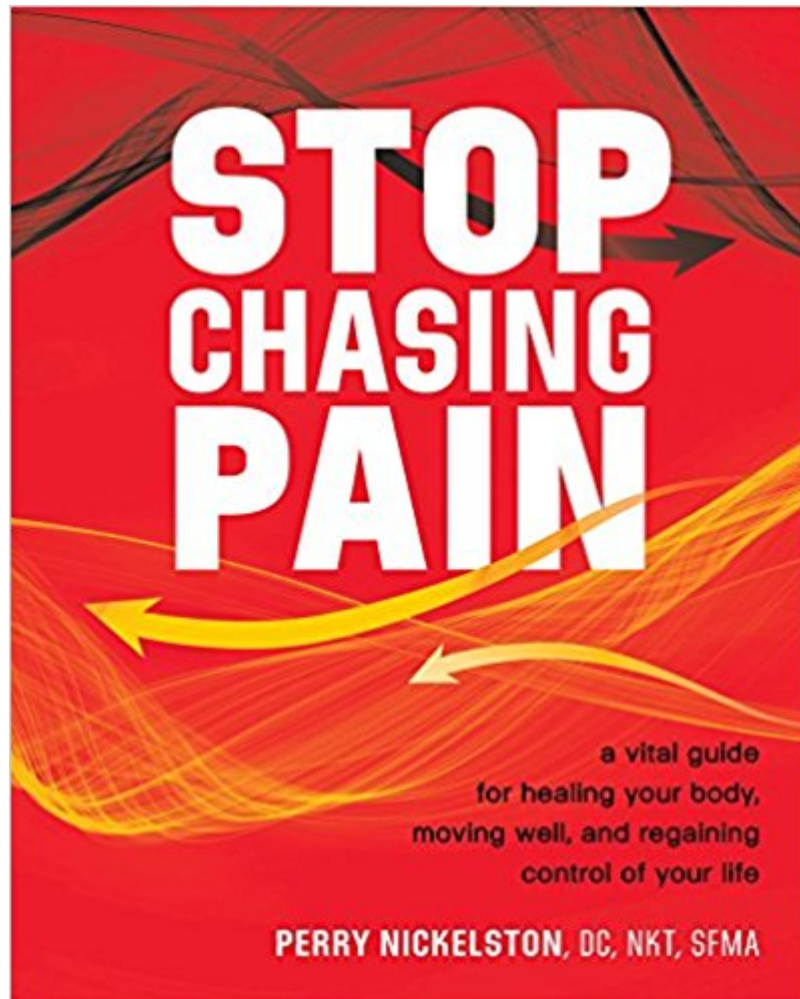


The book was found

Stop Chasing Pain: A Vital Guide For Healing Your Body, Moving Well, And Regaining Control Of Your Life



Synopsis

Stop Chasing PainÂ empowers readers to take back control of their lives from painâ ”to get over their fear of movement and regain a connection with their bodies. Movement is brain candy and neural nitro for the whole body. Change how you move and you change your life!The human body is designed to move. Todayâ s sedentary lifestyles and cookie-cutter exercise programs make us more prone to pain and injury. The answer lies in going back to how we learned to move in the first place, taking the body back to ground zero and tapping into fundamental human movement patterns. Full-body movements that integrate our muscular subsystems gives us strength, power, flexibility, timing, and coordination. Stability (the ability to control force) rules the movement road. Mobility without the ability to control it becomes a liability. This book helps readers regain stability by using Dr. Perryâ s unique RAIL Reset system to optimize function of the movement subsystems. Release, Activate, Integrate, Locomotion is the simple system that teaches people how to move better and keep it that way. Strength isnâ t built; itâ s granted by the nervous system. The brain is always asking itself how safe a movement is and whether giving us more strength is a good idea. Make the brain and body feel safe (read: stable) and it will give us the movements we want. Proximal stability equals optimal distal mobility. Stop Chasing Pain begins with a fundamental pattern assessment to help readers see where they fall on the movement scale and how much stability they need to regain. Then it explains how to use the RAIL Reset system (Release, Activate, Integrate, Locomotion) to regress movement and progress strength. Mobility restrictions and pain are linked to dysfunction in the five movement subsystems: intrinsic, posterior oblique, anterior oblique, lateral, and deep longitudinal. Without these we donâ t move. Dr. Perry shows readers how to release them with rollers, balls, and bands; activate them with Chapman Reflex points; integrate with Powerhouse stretching and Primal Movement Chains fundamental patterns; and then stand up and move (locomotion).

Book Information

Paperback: 352 pages

Publisher: Victory Belt Publishing (February 7, 2017)

Language: English

ISBN-10: 1628601132

ISBN-13: 978-1628601138

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Best Sellers Rank: #163,856 in Books (See Top 100 in Books) #56 inÂ Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Physical Impairments #251 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #2751 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness

[Download to continue reading...](#)

Stop Chasing Pain: A Vital Guide for Healing Your Body, Moving Well, and Regaining Control of Your Life
Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating)
Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing)
Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop)
Fractures of the Teeth: Prevention and Treatment of the Vital and Non-Vital Pulp
Stop Chasing Carrots: Healing Self-Help Deceptions With a Scientific Philosophy of Life
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)
Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)
Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status
Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication)
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)
Breaking the Bonds of Irritable Bowel Syndrome: A Psychological Approach to Regaining Control of Your Life
Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury)
Stop Smoking: Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method)
Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1)
Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series)
The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook)
The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion
The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health
The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health
Local Anaesthesia and Pain

Control in Dental Practice: Anaesthesia, Local, and Pain Control in Dental Practice

[Dmca](#)