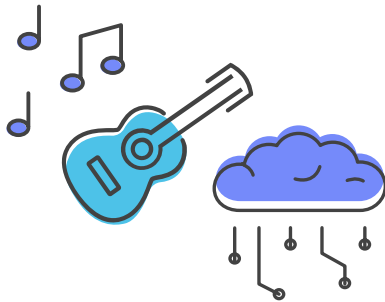


OUR BRAIN IS MADE UP OF CELLS CALLED NEURONS.

These neurons constantly communicate with each other, creating “neural networks” that allow us to process information, learn, and make decisions.

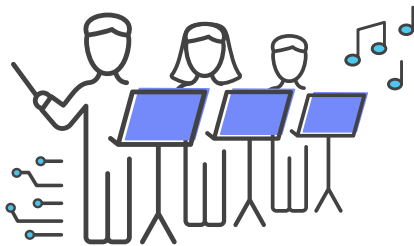


Neuroplasticity is the ability of our neural networks to undergo change and reorganization. Our networks exist, but are not hard-wired!

A great example of neuroplasticity is learning to play a new song. With practice, our brains get faster and more accurate at playing a song.

HOW DOES THIS RELATE TO PAIN?

These neurons constantly communicate with each other, creating “neural networks” that allow us to process information, learn, and make decisions.



Imagine your brain as an orchestra. All of your brain cells are like individual musicians

All of the different things that your brain does are like the different songs that the musicians can play together



The more the orchestra plays the pain song, the better it becomes at playing it. As it gets better at playing the pain song, the orchestra is also more likely to play it in the future, even when it should be playing something else.

Sometimes neuroplasticity can work against us, making it more likely that we feel pain even when there is no new injury.

The good part is our brains can learn and change again.

CREATE NEUROPLASTICITY!

- Try new, gentle exercises to rewire the way your body moves
- Replace unhelpful thinking patterns with positive thoughts