



Mind-Body Recovery

Treating tissue trauma and nervous system guardedness together for lasting recovery

Why Pain Persists After Tissue Heals

After injury, pain comes from two sources: damaged tissues and a sensitized nervous system. Early on, tissue damage dominates. As weeks pass, the nervous system's protective alarm often outlasts the actual tissue injury. This isn't psychological - it's biological. The nervous system learns to amplify threat signals even after healing.

The Dual Recovery Approach

- Physical Treatment:** Address tissue dysfunction through targeted injections, manual therapy, exercise
Nervous System Care: Reduce threat perception through pacing, sleep hygiene, stress management
Coordination: Every intervention affects both tissue and nervous system - timing matters
Communication: Regular provider collaboration prevents contradictory messages

Your Active Role in Recovery

- Gradually increase activity even when scared - movement is safe and necessary
- Maintain consistent sleep routines - sleep is when the nervous system recalibrates
- Communicate honestly about what's working and what isn't
- Trust the process even when progress feels slow or non-linear

What This Looks Like in Practice

Physical therapy to restore mobility, trigger point injections to release muscle tension, counseling to address trauma responses, and medication when needed - all coordinated to reduce both tissue dysfunction and nervous system threat perception. The goal isn't more treatment, it's the right treatment at the right time.

Why This Matters

Treating only tissue misses half the problem. Treating only the mind ignores real physical dysfunction. Integrated care addressing both systems together produces faster, more complete, and longer-lasting recovery.