



## 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.