

MOVING AWAY FROM PAIN

Led and Overseen by Dr Aniz Khalfan, Anesthesiologist, accompanied by Tyson Bell Physiotherapist

This class covers both the theory and practice of movement and exercise.

We will initially look at the importance of setting functional goals with SMART goals and understanding the importance of working toward this at a level of activity that is most likely to achieve this goal in the long term.

This class also involves both theory and practice!

Moving in the presence of pain can be scary, but in most cases gentle movement is an important part of overcoming persistent pain. We will learn how to safely approach the edge of your pain, while avoiding flare ups. We will learn to move more calmly and with greater ease by regulating breath and muscle tension during purposeful movement.

Now offering:

- Movement 101
- Neck and Upper Body Movement
- Back and Lower Body Movement



CPRI Canadian Pain & Regenerative Institute