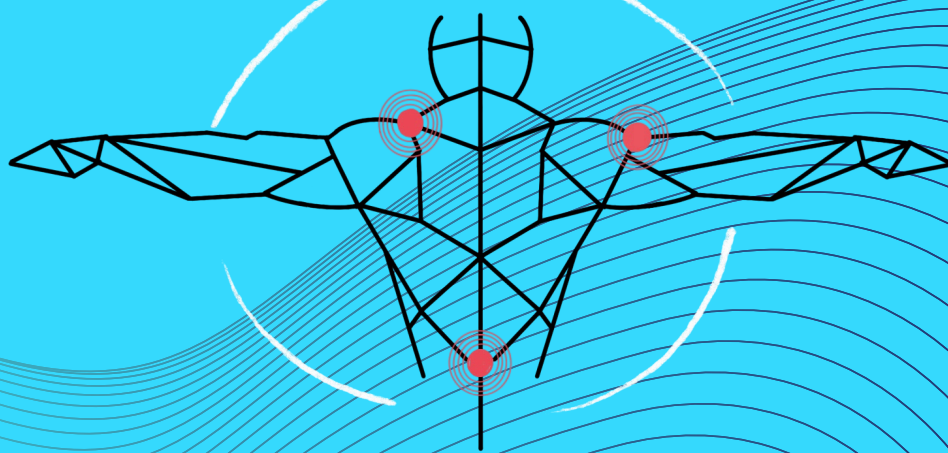




GET BACK ACTIVE

UNDERSTANDING NEUROPLASTIC CHRONIC PAIN

What is it?

Chronic pain isn't always caused by ongoing injury or tissue damage. In many cases, it's due to changes in your nervous system — something called **Neuroplastic pain**. When pain persists long after the original injury has healed, it's often because your brain and nervous system have become overly sensitive. They (the brain and nervous system) keep sending pain signals even when there's no real danger anymore. Essentially, the brain *learns* pain.

Why pain persists

The nervous system is adaptable, which is both good and bad. When pain becomes chronic, your brain can actually learn pain, creating feedback loops that keep the pain going even if your body is physically healed. Things like stress, anxiety, poor movement patterns, and negative thoughts can reinforce these pain pathways, making the pain feel very real and often worse, even more widespread in the body.

Is my pain Neuroplastic?

If your pain doesn't make sense or keeps moving around, if scans and tests show nothing wrong, or if the pain increases with stress, anxiety, worry, fear, frustration, it's likely neuroplastic. Pain that flares up without any physical trigger is also a big sign.

- **It moves around:** Pain that shifts from one area to another
- **You have good days and bad days:** Some days you have little to no pain, the next day you experience more.
- **Its triggered by stress or emotions:** Pain increases during anxiety, frustration or even anticipation of pain "I know this movement is going to cause me pain", if you 'know' something is going to happen, then it will.
- **Its unpredictable:** Pain flares up without any clear physical trigger or explanation
- **Its persistent despite normal scans and test:** You've had MRI's, X-Rays, blood tests etc. they've all came back normal.
- **It began around a stressful time:** You have no logical explanation for the pain you're experiencing, there was no physical trauma to the area.

The mind-body connection

Pain isn't just physical. Thoughts, beliefs, emotions and even memories can amplify pain. This doesn't mean your pain isn't real — it's very real — but the way your brain processes signals can make it feel worse, or even be creating it completely. Techniques like diaphragmatic breathing, mindfulness and visualisation can help you calm your nervous system to reduce pain sensitivity.

Try this:

- **Body awareness check:** Close your eyes, focus on the painful area. Does the pain change if you consciously relax or shift your attention to something calming?
- **Mind-body check:** Notice if your pain worsens when you're stressed, anxious or simply thinking about the pain itself

What to do next

You may start to feel the benefit by just understanding what **Neuroplastic pain** is. However, if you feel you need more help and guidance, I can help you break the pain cycle and retrain your nervous system effectively...

I offer **Personalized Online Assessments & Coaching** to guide you through this process and take you through it gradually and appropriately, at your own pace.
If you're interested, DM me on [Instagram](#) or email me at getbackactive@gmail.com.
Click the links to either my Instagram or email.