

WellSpan Restorative Pain Program

First Edition

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Breathing

Abdominal Breathing

- Helps with digestion.
- Lets oxygen flow throughout the body.
- Lowers anxiety and stress levels.

How to practice:

- 1- Sit up tall. Rest your hands comfortably on your lower belly.
 - 2- Relax your shoulders down.
 - 3- Soften or relax the muscles of your face.
 - 4- Start with 3 cleansing breaths: breathe in through the nose and breathe out through the mouth.
 - 5- Begin to breathe in and breathe out through the nose, deepening the breath.
 - 6- Let your belly expand and get wide every time you breathe in. You should feel your hands rise up with your belly.
 - 7- Gently relax and release your belly each time you breathe out.
- Close your eyes and keep going for 2 to 5 minutes, or until you feel calm.

Counting Breath

- Helps you be present in the moment.
- Gives you focus and self-control.
- Helps you to relax.
- Lets you practice good balance.

How to practice:

- 1- Sit up tall. Rest the palms of your hands on your lap.
 - 2- Relax your shoulders down.
 - 3- Breathe in smoothly through your nose as you count to 4.
 - 4- Breathe out smoothly through your nose as you count to 4.
- To help relax even more, start to breathe out for a longer count. For example, breathe in for a count of 4 then breathe out for a count of 6.
 - Close your eyes and keep going for 2 to 5 minutes, or until your mind and body feel relaxed.

Alternate Nostril Breathing

- Soothes the nervous system.
- Helps you let go of physical tension.
- Gives you focus.
- Lowers stress levels.

How to practice:

- 1- Sit up tall.
 - 2- Close the right nostril gently with your right thumb.
 - 3- Begin by breathing in slowly up the left nostril.
 - 4- Close the left nostril with your right ring finger.
 - 5- Lift the right thumb and breathe out down the right nostril.
 - 6- Breathe in back up the right nostril.
 - 7- Switch to breathe out the left nostril. **That's one cycle.**
- Close your eyes and keep going at a comfortable rhythm. The breath should be soft and even –make sure to breathe in deep and breathe out for a count of 4 to 6.
 - Do this for 5 to 10 minutes, or until you feel relaxed.

Yoga Stretches

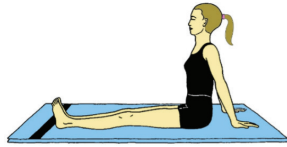
Pavanamuktasana (*pavana* – wind, *mukta* – freedom, *asana* – posture) can be translated to a group of yoga poses that can help energy flow freely in your body and mind. It creates a space for a free flow of wind while removing blocked passages. It is focused on stretching and flexing your joints. This resource will guide you on how to practice.

Pose #1 – Staff Pose (Prarambhik Sthiti)

Start by sitting on a yoga mat or chair.

Yoga Mat

- Sit on a yoga mat.
- Keep your spine nice and long.
- Rest your hands behind you.
- Close your eyes and take a few breaths.



Chair

- Sit on the edge of a chair with your feet flat on the ground.
- Keep your knees over your ankles.
- Rest your hands on your thighs.
- Close your eyes and take a few breaths.



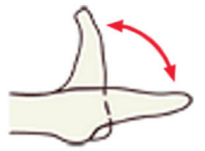
Pose #2 – Toe Bending (Padanguli Naman)

- Inhale (breathe in) and bend all the toes of both feet away from the body towards the floor.
- Exhale (breathe out) and pull the toes up toward the body.
- Spread all the toes so there is space between each toe.
- Do both feet at the same time.
- Repeat this 10 times.



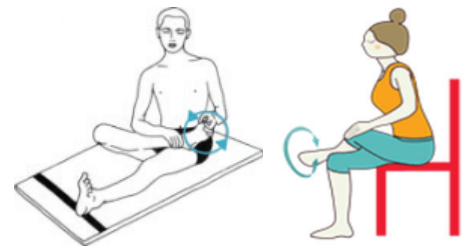
Pose #3 – Flex and Point Feet (Goolf Naman)

- Inhale (breathe in) and point your toes away from you.
- Exhale (breathe out) and flex your feet, bringing your toes towards you.
- Do both feet at the same time.
- Repeat 10 times.



Pose #4 – Ankle Rotations (Goolf Ghoornan)

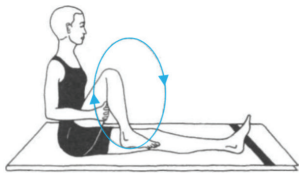
- Bring your right ankle to rest on your left thigh.
- Let your right ankle hang loose.
- As you breathe, rotate the ankle in a circular (circle) motion.
 - Rotate the ankle clockwise (to the right) 10 times.
 - Rotate the ankle counterclockwise (to the left) 10 times.
- Repeat this with the left ankle.



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Pose #5 – Seated Knee Bending (Janu Chakra)

- Bend the right knee while holding it in place with your hands under your right thigh.
- Inhale (breathe in) and extend (stretch out) your right leg.
- Exhale (breathe out) and bend your right knee bringing your thigh towards you.
- Repeat with your left leg.
- Repeat this 10 times on each leg.



Pose #6 – Hand Clenching (Mushtika Bandhana)

- Stretch your arms out in front of you.
- Keep your elbows straight and your arms at shoulder height.
- Inhale (breathe in) and spread your fingers wide.
- Exhale (breathe out) and make a fist.
- Do both hands at the same time.
- Repeat this 10 times.



Pose #7 – Wrist Bending (Manibandha Naman)

- Stretch your arms out in front of you.
- Keep your elbows straight and your arms at shoulder height.
- Inhale (breathe in) and bring your fingers down towards the floor.
- Exhale (breathe out) and turn your fingers up towards the ceiling.
- Do both wrists at the same time.
- Repeat this 10 times.



Pose #8 – Wrist Rotation (Manibandha Chakra)

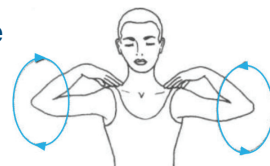
- Stretch your arms out in front of you
- Keep your elbows straight and your arms at shoulder height.



- Hold your thumb resting on the palms of your hands.
- Bend your fingers down towards your thumb.
- As you breathe, rotate the wrists in a circular (circle) motion.
 - Rotate clockwise (to the right) 10 times.
 - Rotate counterclockwise (to the left) 10 times.
- Do both wrists at the same time.

Pose #9 – Elbow Bending (Skandha Chakra)

- Stretch both arms out to the sides.
- Keep your arms at shoulder height.
- Bend your elbows to bring your hands to touch your shoulders.
- As you breathe, rotate the arms in a circular (circle) motion.
 - Rotate clockwise (to the right) 10 times.
 - Rotate counterclockwise (to the left) 10 times.
- Do both arms at the same time.



Pose #10 – Neck Movements (Greeva Sanchalana)

- Bring your chin down towards your chest.
- Bring your chin up towards the ceiling.
- Repeat 10 times.
- Bring your right ear towards your right shoulder.
- Bring your head back to center.
- Bring your left ear towards your left shoulder.
- Bring your head back to center.
- Repeat 10 times.



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- Turn your head to the right and look over your right shoulder.
- Bring your head back to center.
- Turn your head to the left and look over your left shoulder.
- Bring your head back to center.
- Repeat this 10 times.



- Bring your chin down towards your chest.
- Keep your chin down and bring your right ear towards your right shoulder.
- Bring your head back to center.
- Keep your chin down and bring your left ear towards your left shoulder.
- Bring your head back to center.
- Repeat 10 times.



Yoga Flow – Circle of Joy

1. Inhale (breathe in)

- Clasp your fingers.
- Bring your hands under your chin.
- Keep your elbows out to the sides.



2. Exhale (breathe out)

- Turn your palms facing out.
- Stretch your arms forward.



3. Inhale (breathe in)

- Keep your palms facing out.
- Stretch your arms over your head.



4. Exhale (breathe out)

- Reach over to your to the right with your left arm.
- Keep your right hand on the mat.
- Stretch your left arm next to your left ear.



5. Inhale (breathe in)

- Come back to center.



6. Exhale (breathe out)

- Reach over to the left with your right arm.
- Keep your left hand on the mat.
- Stretch your right arm next to your right ear.



7. Inhale (breathe in)

- Come back to center.



8. Exhale (breathe out)

- Clasp your fingers behind your back.
- Stretch your arms back behind you.



9. Inhale (breathe in)

- Bring palms together in front of your heart.



10. Exhale (breathe out)

- Bring your chin towards your chest.



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60 Minute Gentle Yoga Class



Ear Seeds

Ear seeds are a form of Traditional Chinese Medicine. They are small seeds put on certain points on the outside of your ear. Gently pushing on the seeds will put pressure on these parts of the ear and stimulate the parts of your body. This can help with pain or other health problems.

What are ear seeds?

Ear seeds are seeds from the Vaccaria flower plant. The seeds are put onto specific points on the outside of your ear using latex-free surgical tape.

How do ear seeds work?

Ear seeds can help the effects of acupuncture last longer. An acupuncturist will put ear seeds onto specific acupuncture points on the ear. When you gently rub or press on the seeds, those pressure points stimulate other parts of your body.

It is recommended to gently rub your ear seeds 3 to 5 times each day using a circle motion.

What are the benefits of ear seeds?

Ear seeds can be used to help with many health problems like:

- Pain
- Stress
- Migraines
- Depression
- Anxiety
- Insomnia

How long do ear seeds last?

Ear seeds usually stay in place for 3 to 5 days. After that, you can take the ear seeds off and throw them away.

Are there any risks of ear seeds?

Ear seeds don't have any serious risks or side effects. You will need to let your acupuncturist know if you are allergic to the Vaccaria plant or latex.

Please take off the ear seeds right away if they are painful, uncomfortable, or irritate your skin. Tell your acupuncturist of these symptoms at your next appointment.

Acupuncture

Some people use acupuncture to relieve pain, such as low back pain, or to manage chronic pain from osteoarthritis, headaches, neck pain, or other problems. There is some evidence that acupuncture may help to treat pain.

What is the history of acupuncture?

Acupuncture is an ancient healing system. It has been practiced in China for many centuries and started to become popular in the United States in the 1970s. By 1997, the National Institute of Health claimed that acupuncture is an effective therapy for many health problems.



How can acupuncture help with pain?

In acupuncture, it is believed that pain or illness happen when something blocks or unbalances the energy in the body. This energy is known as chi or qi (say “chee”) and it flows through and around your body along pathways called meridians.

It is believed that this pain happens when there are blockages in the meridians. Things like overdoing it, trauma, and stress can all cause blockages.

Acupuncture is a way to unblock or move this energy and help it flow back to balance. Moving blockages and helping the energy flow correctly can relieve pain.

What happens during acupuncture?

Acupuncture uses needles. They are put into the skin at certain points on your body. The needles are very thin so you should not feel much pain or discomfort. The needles direct how energy flows through and around your body.

What are the benefits of acupuncture?

There are many benefits of acupuncture, including:

- Less pain
- Less stress
- Better sleep
- An overall better sense of emotional well-being

What should I do to prepare for acupuncture appointments?

It is important that you eat before your acupuncture appointments. This can help so you do not feel dizzy or lightheaded after your acupuncture appointments.

What can I expect during acupuncture appointments?

You will answer questions during your first appointment. These questions will be about things like your pain, stress levels, and sleeping habits.

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The acupuncturist (person who performs acupuncture) will then feel your pulse. They may ask to look at your tongue.

After that, you will lay on a massage table. The acupuncturist will feel for specific acupuncture points and put needles into your skin.

Remember, the needles are very thin so you should not feel much pain or discomfort. But please make sure to tell the acupuncturist if you feel uncomfortable. You should be comfortable enough that you are able to fall asleep during the appointment.

The needles will stay in your skin for 10 to 20 minutes. The acupuncturist will leave the room so you can relax.

The acupuncturist will come back into the room and take out the needles when it is time.

How can I expect to feel after acupuncture appointments?

You may be sore or have bruises around the area of the needles. Gently massage the area or use a warm compress.

Many people feel relaxed after acupuncture. Some people notice pain relief right away. Other people need a few appointments.

Make sure to notice any changes to your pain after each appointment so that you can tell the acupuncturist. This will help them make a treatment plan that is best for you.

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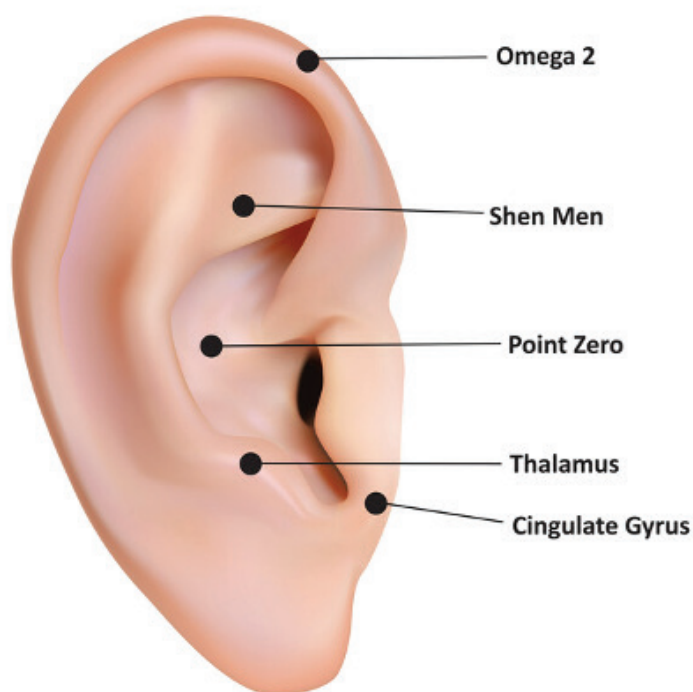
Battlefield Acupuncture

BFA - Battlefield Acupuncture

Battlefield acupuncture (BFA) was created in 2001 by Dr. Niemtow, a retired Air Force colonel and physician acupuncturist in the armed forces. BFA uses acupoints that help lower pain in the central nervous system. He developed BFA as a way to manage pain for those in the military, including active duty.

BFA uses small needles that are put into specific parts of the ear.

Battlefield Acupuncture Protocol



Parts of the Ear

- Cingulate Gyrus: Regulates the connection between emotions and pain
- Thalamus: Regulates communication of the nervous system to the cerebral cortex (part of the brain) and calms the sensory pathways (nerves that help feel senses)
- Omega 2: Supports the mind/body connection with pain (for example, supports pain that gets worse with stress)
- Point Zero: Brings the whole body into balance
- Shen Men: Calms the mind and body, helps with over-sensitivity, and helps with better sleep

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NADA Acupuncture

NADA - National Acupuncture Detoxification Association

The National Acupuncture Detoxification Association (NADA) protocol was developed by Dr. Michael Smith in the 1970s. Dr. Smith was a pioneer in the use of acupuncture in the treatment of addictions.

NADA uses small needles that are put into specific parts of the ear. It is mainly used to treat addictions and substance use disorder. It can also be a tool to support mental health when times are hard or stressful.

Benefits of NADA

- Lowers cravings and withdrawal symptoms
- Lowers stress and creates a sense of inner peace
- Helps with getting better sleep

Parts of the Ear

- Sympathetic: Lowers the flight or fight response, calms the nervous system, and relaxes muscles
- Shen Men: Calms anxiety, helps with sleep, and promotes feelings of self-love
- Kidney: Lowers fear and supports will power
- Liver: Lowers frustration and helps give a sense of hope
- Lung: Supports the grieving process and letting go, promotes connection with a higher power, and helps to find inspiration



Massage Therapy

The Merriam Webster Dictionary defines massage as the manipulation of the muscles and other soft tissues of the body (as by stroking, kneading, or rubbing with one or both hands or an instrument) by a massage therapist for therapeutic purposes (as to relieve pain, promote healing, or improve physical functioning).

How can massage therapy help relieve pain?

- Releases endorphins in your body. They are the body's natural pain killer.
- Loosens muscles to help your body move easier.
- Closes your brain's pain gate. Your body will feel positive sensations that can slow or stop the pain signals your body sends to your brain.
- Improves your blood flow which helps your body heal.

What are some problems that massage therapy can help with?

- Anxiety
- Arthritis
- Care after surgery
- Depression
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia
- Jaw problems (TMJ)
- Nerve pain
- Soft tissue strains and injuries

What can I expect with massage therapy at WellSpan's Restorative Pain Program?

Your WellSpan Restorative Pain Program (RPP) massage therapist will meet with your care team before each of your massage sessions. We will work together to make a treatment plan designed for you. Your health history and current conditions will be used to plan each massage.

Massage sessions can be between 20 minutes and 1 hour. Most sessions are 30 minutes.

Your massage therapist is experienced in medical massage. This means your massage sessions will be fully focused on your therapeutic goals.

How should I prepare for a massage session?

- Wear loose clothing that moves easily and is easy to take off and put on.
- Do not wear necklaces or large earrings.
- Please talk openly and freely with your massage therapist. It is important that you tell your massage therapist any concerns about your sessions. This includes comfort levels before, during, and after sessions.

Do-It-Yourself (DIY) Massage for Low Back Pain

You can get the benefits of traditional massage using do-it-yourself (DIY) massage. DIY massage lets you care for yourself whenever and wherever you would like. You decide how long to massage and how much pressure to use.

Benefits of DIY Massage

- Lower your pain
- Lower your stress
- Better healing

Items Needed

- 1 or 2 hard balls about the size of tennis balls
 - Lacrosse balls work great
- A long thin sock or pantyhose
- Access to one or more of the following:
 - A wall
 - A firm chair with a hard back
 - The floor

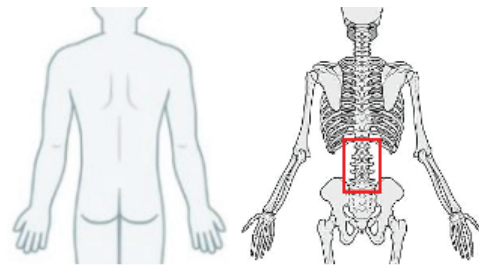
Tips for Low Back Pain DIY Massage

- You will find tender spots on your body. This is normal.
 - Put more pressure on tender spots or spots where it feels good.
 - Hold pressure each spot for 30 to 60 seconds.
 - Pressure on tender spots should not cause pain.
 - You can use more pressure as your body gets used to it over time.
- Use techniques and positions that work for you.
- Keep your body loose.
 - Take 3 deep, slow belly breaths when you put pressure on a tender spot.
- Do not put direct pressure on bony areas like your spine.

- Do not massage or put pressure on areas of your body that are swollen, wounded, or had recent blood clots.
- Stop if you feel uncomfortable or dizzy.
- Follow steps 1 to 3 on the next pages. Do them 5 times a week.

Low Back Massage Step #1 – Low Spine

Pick One Technique



Floor Technique

1. Lie on your back.
2. Keep your knees bent and your feet flat on the floor.
3. Lift up on your elbows.
4. Put a ball against your back, to the side of your spine between your ribs and pelvis.
5. Roll your back slowly over the ball. Use your legs to move you.
6. Rock on your elbows for balance.
7. Switch the ball to the other side of your spine and repeat.



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8. You can also do this massage with 2 balls tied in a thin sock or pantyhose.
 - Stuff 2 balls in the sock.
 - Tie a knot to keep the balls next to each other.
 - Put the stuffed sock behind your back so that one ball is on each side of your spine.
 - Press against the floor and roll your back against the balls.

Wall Technique

1. Stand with your back flat against the wall.
2. Keep your knees bent a little.
3. Put the ball between your back and the wall, to the side of your spine between your ribs and pelvis.
4. Roll your back over the ball. Bend your legs to move you up and down.
5. You can move your feet further away from the wall if you want to use more pressure.
6. Switch the ball to the other side of your spine and repeat.
7. You can also do this massage with 2 balls tied in a thin sock or pantyhose.



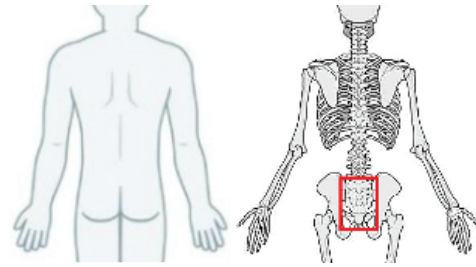
Chair Technique

1. Sit in a firm chair with a hard back.
2. Reach your hands to your low back. Put one hand on each side of your spine between your ribs and pelvis.
3. Move your fingers in small circle movements.
4. You can also start with your fingers on both sides of your spine and glide them out to your sides.
5. Repeat these circle and gliding movements up and down your spine.
6. If you find a tender spot that feels good, put a ball in that area and press your low back into the back of the chair. Hold for 30 to 60 seconds.
7. Use lotion as needed.



Low Back Massage Step #2 – Sacrum

Pick One Technique



Floor Technique

1. Lie with your lower back on the floor.
2. Keep your knees bent and your feet flat on the floor.
3. Put the ball in the middle of your lower back in the 'triangle' area below the hip line. This is the sacrum.
4. Roll your back slowly in any direction, including circular (circle) directions. Use your legs to move.
5. Find tender spots that feel good.



Wall Technique

1. Stand with your back flat against the wall.
2. Keep your knees bent a little.
3. Put the ball between the middle of your lower back and the wall, in the 'triangle' area below the hip line. This is the sacrum.
4. Roll your back over the ball. Bend your legs to move you.
5. Move in any direction that feels best for you, including circular (circle) directions.
6. You can move your feet further away from the wall if you want to use more pressure.

Chair Technique

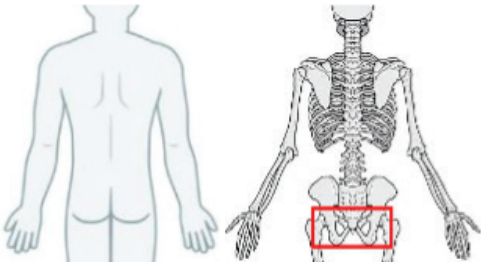
1. Sit in a firm chair with a hard back.
2. Reach your hands to the middle of your lower back in the 'triangle' area below the belt line. This is the sacrum.
3. Move your fingers in small circular (circle) movements.
4. You can also start with your fingers on both sides of the center of your spine and glide them out to your sides.

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5. Repeat these circle and gliding movements.
6. Use lotion as needed.

Low Back Massage Step #3 – Buttocks

Pick One Technique



Floor Technique

1. Sit on the floor.
2. Bend your left leg.
3. Cross your right foot over your left thigh.
4. Lean back on your hands.
5. Keep your arms bent a bit.
Adjust the pressure by bending your arms more or less.
6. Put a ball under your right buttocks in the area where the back right pocket of pants would be.
7. Gently rock in any direction while keeping the ball on that area.
8. Repeat this by switching legs and putting the ball under your left buttocks.



Wall Technique

1. Stand with your back flat against the wall.
2. Put the ball between your right buttocks and the wall. Put the ball in the area where the back right pocket of pants would be.
3. Push the ball into the wall with your buttocks and gently rock in any direction keeping the ball on that area.
4. Repeat this with the ball under your left buttocks.



Chair Technique

1. Sit in a firm chair with a hard back.
2. Cross your right ankle over your left knee. Keep the ankle a little above the knee.
3. Put the ball between your right buttocks and the chair seat. Put the ball in the area where the back of your right pocket of pants would be.
4. Gently push the ball into the chair seat with your buttocks while keeping the ball in that area.
5. Lean your chest forward a bit for more pressure. Hold the back of the chair for support.
6. Hold this position for 30 to 60 seconds.
7. Repeat this by switching legs and putting the ball under your left buttocks.



Do-It-Yourself (DIY) Acupressure for Low Back Pain

Acupressure is a traditional Chinese medicine. It uses the hands or fingers to put pressure on specific points of the body.

Tips for Low Back Pain DIY Acupressure

- Use your thumb and/or your finger to press or massage pressure points.
 - You can also use the eraser at the end of a pencil.
- Find a tender spot in the areas shown below.
- Hold pressure for 30 seconds at each point.
- Use moderate pressure that is comfortable.
- You can use acupressure on the same points on both sides of your body.
- Do it every day for 2 weeks. Do it 1 to 5 times each day.

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WikiHow (2023). How to Use Acupressure for Back Pain. Retrieved January 6, 2024, from <https://www.wikihow.com/Use-Acupressure-for-Back-Pain>

Acupressure Points

Use acupressure on these points in this order:

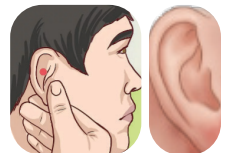
1. **SI4** – This is the pinky side of your hand, where the hand and wrist meet.



2. **Ling Gu** – The area between your thumb and index finger on the back of your hand.



3. **Ear Low Back Zone** – The top part of the ridge of your outer ear.



4. **UB40** – The back of your knees.



5. **UB57** – Halfway down the back of your lower leg.



Scan this QR code to watch a video using acupressure at home:



Techniques for Massage Treatments

WellSpan's Restorative Pain Program (RPP) uses many techniques and types of massage treatments. These treatments will be customized to you so that you can meet your wellness goals.

Trigger Point Massage

A trigger point is a knot in the muscle. You may feel it under your skin. It may cause you pain. A trigger point may also make it hard for you to move that part of your body.



A trigger point massage helps to release knots.

The massage therapist will use pressure to let blood flow into the knot. This helps the muscle relax.

One type of therapy that used the trigger point technique is neuromuscular massage. Pressure is focused on a trigger point related to the area of the pain in your body. The connected muscle is stretched in order to loosen it and lower your pain.

Passive Stretching

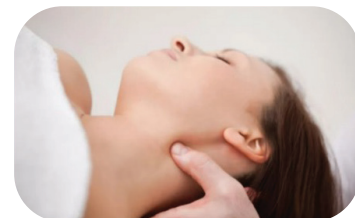
During passive stretching, the massage therapist will move and stretch specific muscles of your body for you while you relax. As you are stretched, the massage therapist may use pressure to deepen the stretch.

Passive stretching is a good way to warm up muscles. It also can help you move better, get rid of soreness, and help you have better posture.



Craniosacral Therapy

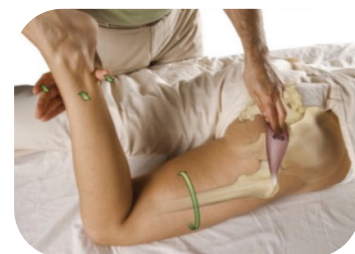
This is a gentle technique that uses light touch. This type of massage can gently move the bones in the skull, spine, or pelvis.



This will release blocked fluids from these areas and help your body heal.

Manual Techniques

Manual Techniques is used to treat issues with your movement. Sometimes these issues can cause pain and make it harder for areas of the body to keep healthy muscles and joints.



continued on next page

Manual Techniques (continued)

The following manual techniques can be used:

Soft Tissue Manipulation	Works on stiff muscles to help with movement.
Myofascial Release	Helps with pain by releasing trigger points and relaxing areas in the body that feel stiff and tight.
Strain-Counterstrain	The massage therapist guides the body into positions that you hold for certain amounts of time. Then release the hold to be further stretched by the massage therapist. This will help with your flexibility.
Joint Mobilization	Uses pressure to help with pain and make joints move better.
Hydrotherapy	Uses water to help relieve pain.

Other Techniques

Other techniques used in the Restorative Pain Program include:

Arthrossage	Focuses on lowering arthritis symptoms by moving joints and lengthening muscles.
Thai	Uses gentle pressure and stretching techniques to help the body relax and help with your flexibility.
Sport	Targets specific muscles to help blood flow and prevent injuries.
Manual Lymphatic Drainage	Helps with swelling by moving fluids out of a swollen area.
Reflexology	Focuses on pressure points in the feet, ears, or hands that are related to other parts of the body.

Please ask your massage therapist for more information on any of these treatments and techniques.

It is important to tell your massage therapist any concerns about your treatment sessions or the technique being used. This includes comfort levels before, during, and after sessions.

Image Credits:

CEU Seminars: Live & Online Continuing Education for Massage Therapists (2020). Trigger Point Therapy. Retrieved August 31, 2023, from <https://www.ceu-seminars.com/trigger-point-12-cr.html>

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Cupping

Cupping is a therapy used in Traditional Chinese Medicine. This type of therapy has been used for thousands of years. It can help with pain. Cupping is also sometimes called cup therapy and suction cup therapy.

What happens during cupping?

Cups are put directly onto the skin. Then a pump creates suction like a vacuum. This causes pressure so the blood pulls toward your skin. The skin also pulls up. The pressure helps loosen muscles, give better blood flow, and relax the nervous system.

What can I expect during a cupping treatment?

Cups will be put onto your body. The open part of the cup faces your skin. The cups may be put on areas that are tender or on certain parts on the body (acupressure points).

A pump will be used to take the air out of the cups. This causes suction and the skin lifts into the cups.

The cups should not feel uncomfortable. Please tell your provider if you feel uncomfortable. The provider can change the amount of suction being used.

The cups will be left on for 10 minutes. The provider will leave the room during this time so you can relax.

What are the benefits of cupping?

There are many benefits of cupping, including:

- Less pain
- Less inflammation
- Looser muscles with less tightness
- More blood flow
- Better range of motion

What can I expect after a cupping treatment?

The suction used during cupping may cause you skin to bruise. These bruise marks should go away in 1 to 2 weeks after the treatment.

Meditation for Your Health

Meditation

Meditation is a way to train your thoughts. This can help you be calm and focused. Meditation has been taught for over 2,000 years. It can be practiced in many different ways.

A well-known form of meditation is called mindfulness. Mindfulness is the practice of being present in the moment and paying attention. It can help you slow down to calm your mind, relax your body, and manage stress.

Other forms of meditation include prayer or a daily mantra.

Benefits of Meditation

Meditation calms the mind and helps with your overall well-being. Meditation has been a common therapy since the 1970s. It can help treat conditions like pain, anxiety, depression, insomnia, and substance use disorder.

The National Institute of Health has done studies that show meditation can help with:

- Lowering pain
- Lowering symptoms of post-traumatic stress disorder (PTSD)
- Improving mood
- Improving overall quality of life

To learn more, please visit nccih.nih.gov/health/meditation-and-mindfulness-what-you-need-to-know or scan this QR code:



How to Meditate

Meditation Steps

1. Pick a guided meditation that fits your needs (websites and apps are available in the next section of this document).
2. Find a comfortable position that you can stay in for several minutes. It could be sitting or lying down. Go into this position while you are in a quiet room.
3. Close your eyes or set a soft gaze to an unmoving point in the room.
4. Forgive yourself if your mind starts to wander. Try not to get frustrated. Meditation will get easier over time.
5. Practice meditation often. Research shows that meditating 5 days a week is beneficial.

Meditation Tips

- Start with a small meditation goal of 5 minutes a day. Build from there.
- You may need to try different styles of guided meditation. This can help you find what works best for you.
- You may want to use pillows, blankets, or rolled towels for comfort.
- Headsets can make it easier to focus.
- Be open to the idea that your meditation practice can grow and change over time.

Meditation Resources

Listening to guided meditation is a simple way to start your practice. Sample guided meditations are listed below. Please talk to staff at the Restorative Pain Program for support or more information.

continued on next page

Websites

Mindful - healthy mind, healthy life
Mindful.org



Calm YouTube Channel
YouTube.com/@calm



Mindfulness Meditation (Video)
healthwise.net



Stress Management: Doing Meditation (Article)
healthwise.net



Free Apps

Mindfulness Coach
(U.S. Department of Veterans Affairs)



Smiling Mind



UCLA Mindful



Healthy Minds Program



Notes

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