



Pain Freeing Qigong & Meditative Techniques

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Background

The annual cost of chronic pain is \$635 billion a year according to *The Journal of Pain**. We spend more on pain than cancer, heart disease and diabetes.

A growing preponderance of evidence shows that mind-body activities can be an essential part of the treatment for pain. This project proposes one activity that serves two functions toward pain relief.

*<https://doi.org/10.1016/j.jpain.2012.03.009>

Qigong

Qigong is any activity that combines slow movement, focused attention, and deep breathing. An umbrella label which includes Tai Chi (aka Taijiquan & T'ai Chi Ch'uan), Qigong is often known as Meditation in Motion because it brings about the same documented benefits as deep meditation when practiced daily.

This proposal is for a mnemonic Qigong that would be performed daily by people in pain. It is mnemonic because each movement indicates one of the 11 steps in the pain mechanism process or one of the 6 essential steps for living pain free.

Part 1: Pain Mechanism

Understanding how pain works in the body is helpful to understand how to stay out of pain.

1. Pain Prompt
2. Pain Message Travels
3. Dorsal Horn Receipt
4. Pain Path to Switch
5. Switch Makes Decision
6. Brain Receipt
7. Hypothalamus Response
8. Thalamus Response
9. Amygdala Response
10. Physical Response
11. Iterative Cycle

Part 2: Pain Freeing

The steps to staying pain free when in chronic pain are.

1. Nutritious Food (not SAD*)
2. Stress Reducing Exercise
3. Muscle Strengthening
4. Bio-Feedback/ Meditation
5. Sleep Well
6. Massage

*Standard American Diet

Support

Physicians need support to prescribe mind-body practices. It would be helpful to have a database of certified healthcare providers who understand the power of this pain freeing method. It also helps to have a specific form that lasts a specific amount of time to aid in eliminating pain. Additionally, integrative healthcare professionals can easily learn the form as well as the mnemonic, which has documented evidence for its effectiveness.

