



LESSON 2

PERMANENTE MEDICINE®
The Permanente Medical Group

Nerve Sensitivity

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 **KAISER PERMANENTE®**

Program Overview

Class	Physical Therapy lessons	Psychology/ Mental Health lessons
Lesson 1	Setting the Foundation: Breathing and Posture	Basics of Pain Science: The Biopsychosocial Model
Lesson 2	Nerve Sensitivity	Values and Goals
Lesson 3	Pacing	Pacing
Lesson 4	Get Moving	Thoughts I (Awareness Training)
Lesson 5	Neuroplasticity	Thoughts II (Awareness, Values and Action)
Lesson 6	Brain's Map of the Body	Communication
Lesson 7	Emotions and Balance	Sleep
Lesson 8	Self Help Tools	Relapse Prevention

Home Practice

What concept
did you share?

What did you
learn from the
last lesson?

How did
it go?

What
questions
came up?

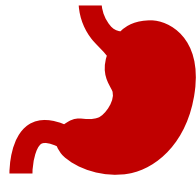
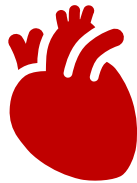
Nerves help us sense real and potential harm



Hot or Cold



Chemical

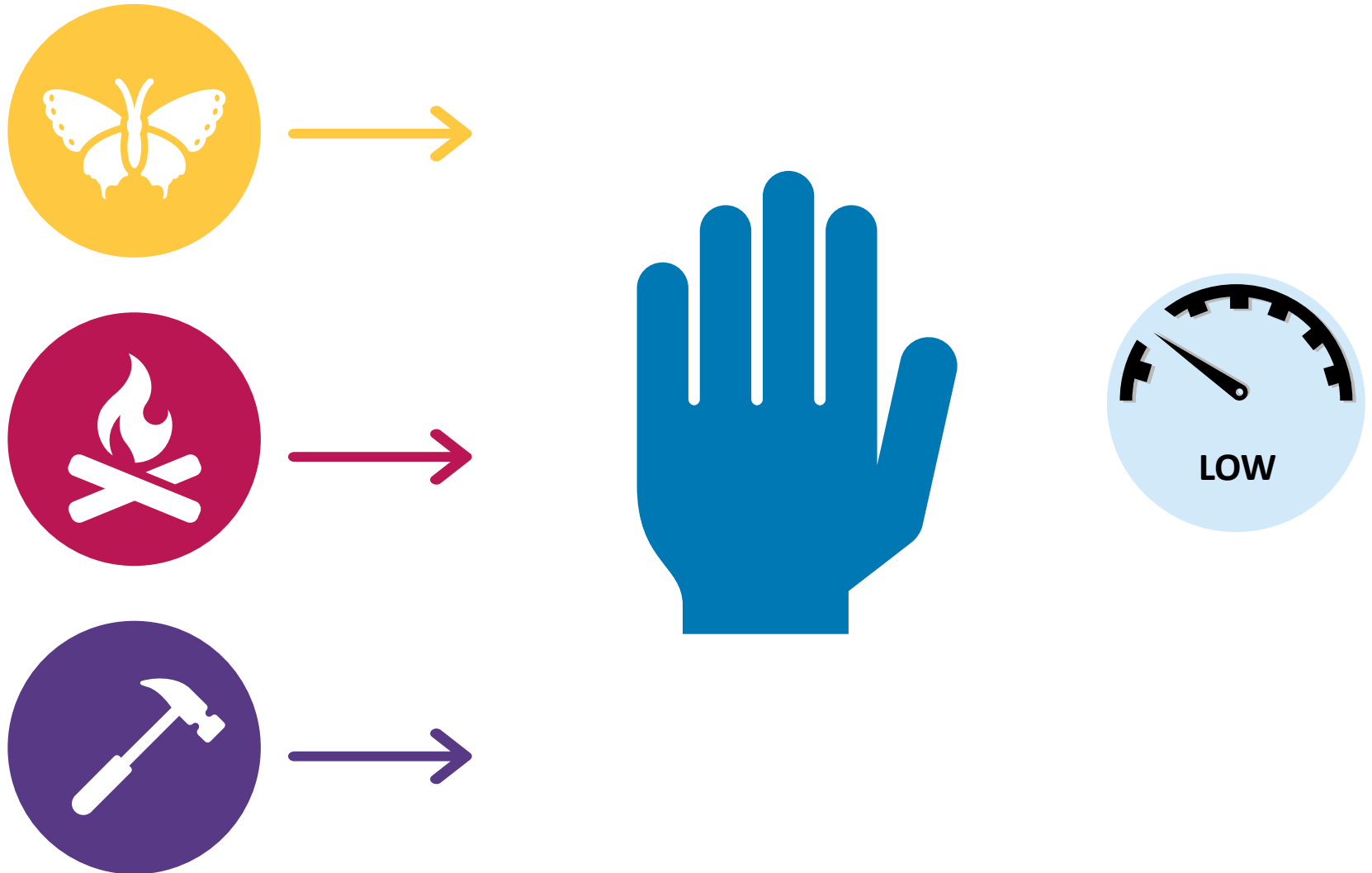


Organs

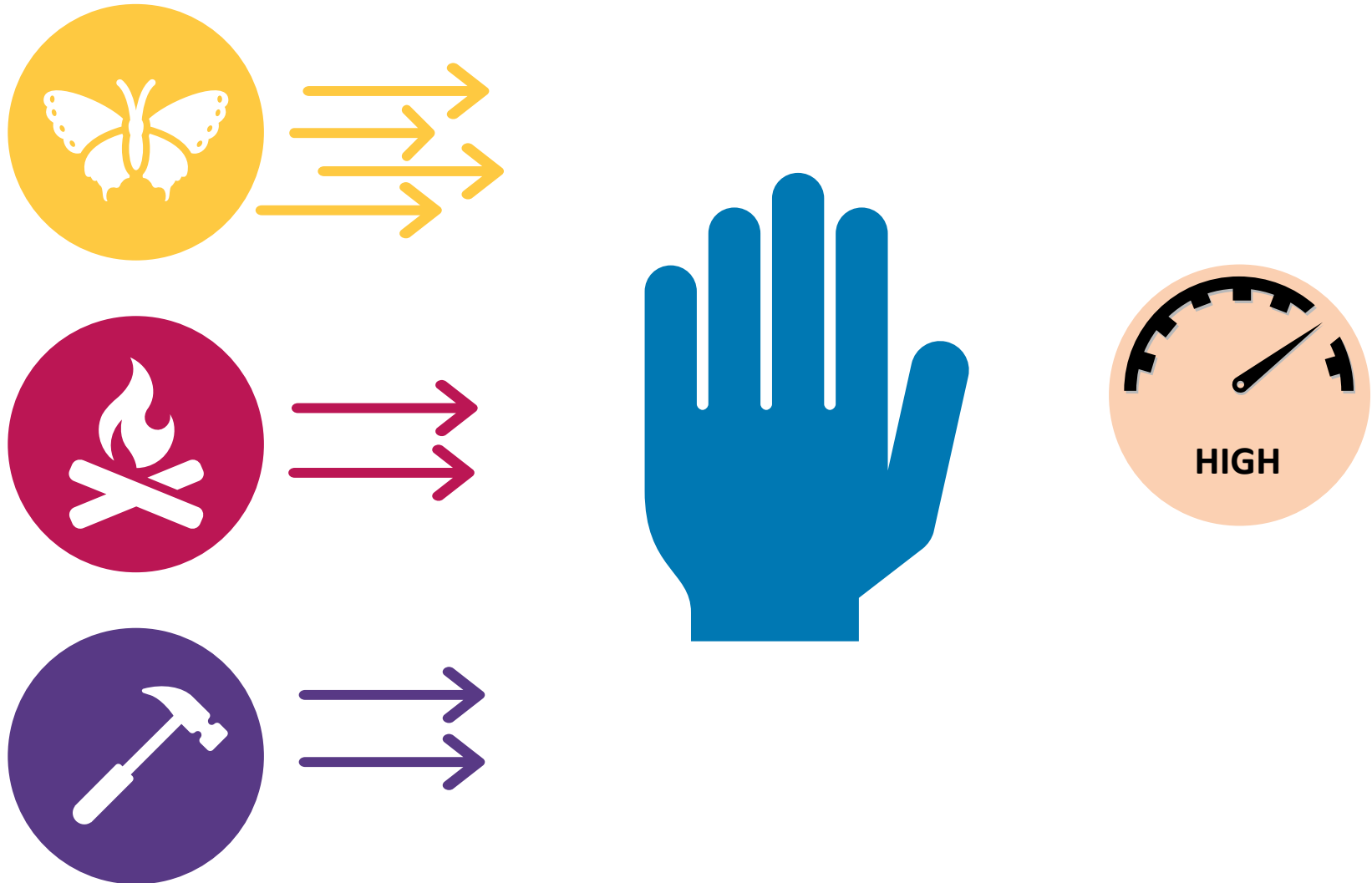


Touch

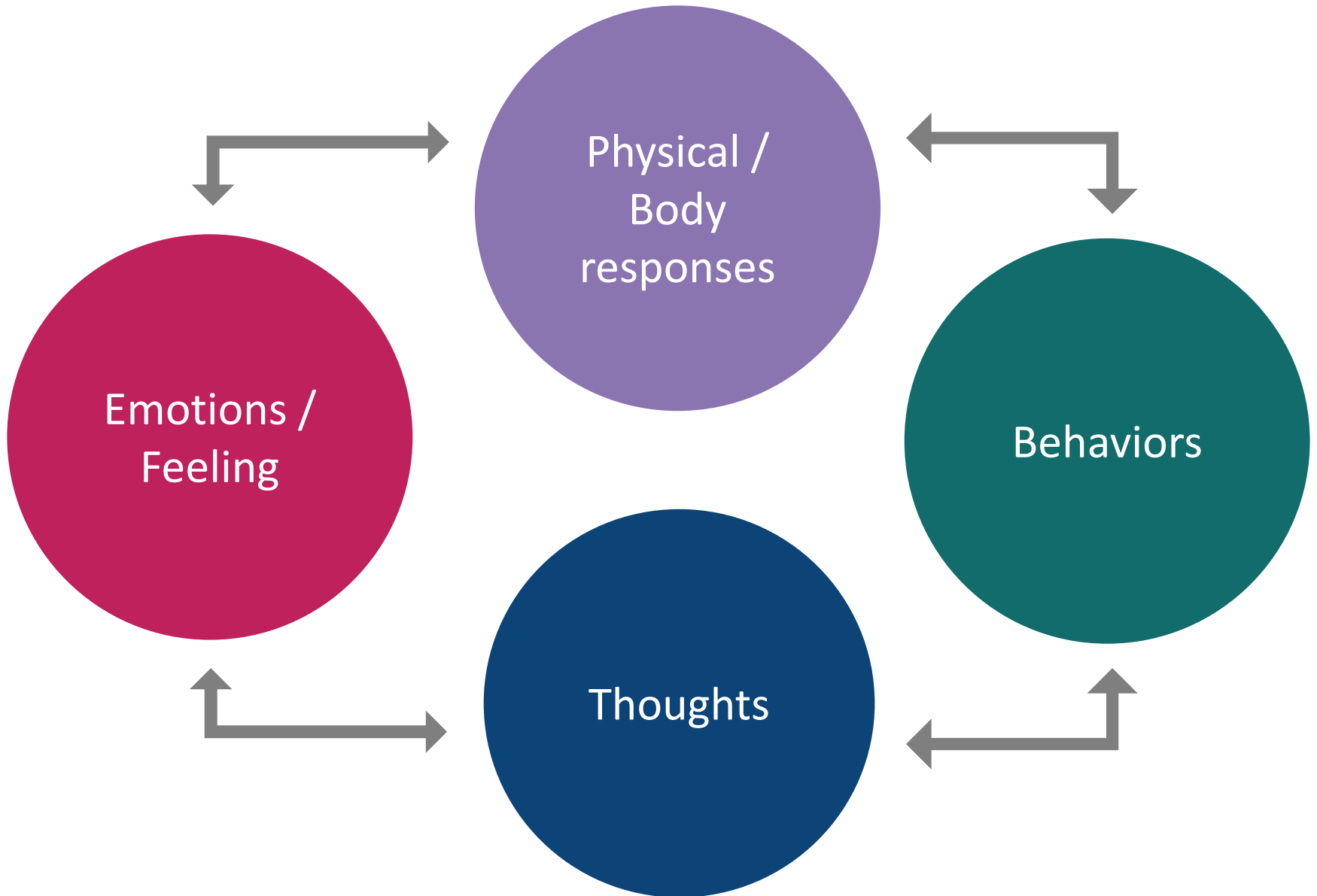
| How nerve sensitivity changes



| How nerve sensitivity changes



It all depends on....



Group Discussion

What makes you
more sensitive
to pain?

What calms
your sensitivity
to pain?



Movement
is Medicine!

MOVEMENT EXPERIENCE

A man and a woman are jogging on a grassy path in a park. The woman is wearing a bright green jacket and light-colored pants, and the man is wearing a blue t-shirt and khaki pants. They are both smiling and looking towards each other. The background is filled with lush green trees.

Let's Get
Moving

My Movement Plan-Example

This week's goal :

- This week I will **walk (what) around the block (how much) with my dog and/or friend Sally (with whom) at 10:30 a.m. (when) on Wednesday & Friday (how often).**
- My reward for accomplishing my goal will be: **taking a relaxing bath.**
- How confident am I that I can do this? (1 = not at all confident, 10 = very confident):



| Home Practice Options

Choose 1 or 2 factors that decrease nerve sensitivity and practice doing it. Write down the result.

Choose an aerobic activity to do this week.

