Self-Healing Concept for Musculoskeletal Pain Management

Musculoskeletal pain accounts for ~14% of all years lost to disability world-wide

Musculoskeletal pain triggers





Intense physical activity



Depression



Sedentary lifestyle



Comorbidities



Older age



Mental stress



Obesity



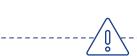
Inflammation



Trauma and injury

The concept

Self-healing is the innate ability of the body and mind to promote mechanisms to return to equilibrium, in order to help relieve pain induced by various triggers



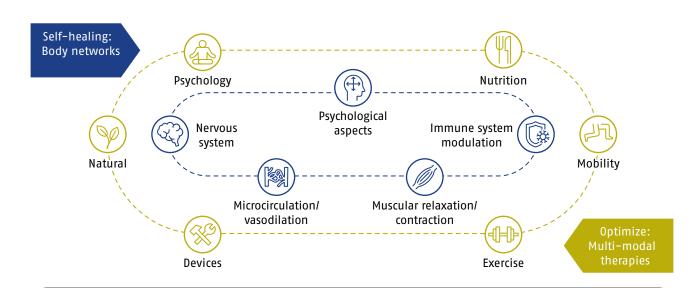
Pain is a proctective signal that indicates imbalance induced by triggers



The body has the innate ability to restore equilibrium helping to relieve pain through several body networks



Multi-modal integrative medicine therapies can boost the body's innate ability to self-heal



Incorporation of complementary and integrative approaches supporting the self-healing ability of the body may reduce musculoskeletal burden and at the same time overcome the risk of side effects associated with conventional pharmacological therapies.