

## ...will I get better?

There are two chunks of research that leave us satisfied that the answer to this question can be:

‘Yes.’

1

### Human biology

One of the surest things about living organisms is that they adapt. Plants adapt. Animals adapt. We all adapt! We call this wonderful property **BIOPLASTICITY**. *Bioplasticity* makes us stronger when we lift weights, smarter when we think a lot, and fitter when we exercise. In fact, scientific studies show that *bioplasticity* is how your systems become more protective in the first place and *bioplasticity* is also how you can make them less protective again.

There is a catch though – pain is about protecting your livelihood. So, convincing your system to adapt back to normal usually has to be ‘gently, gently done’. It can be hard work – remember you may need patience, persistence and courage – but understanding bioplasticity will help you get there.

**The trick is learning how to find the line between doing enough to make your systems adapt but not so much that your protective systems flare up.**

2

### Clinical studies

Clinical studies now show that *understanding your pain and committing to using bioplasticity to adapt your systems back to normal*, will slowly reduce your pain and disability. This knowledge increases your satisfaction with life and your chance of returning to the life you knew before your pain started.

These studies have shown that this approach to overcoming pain is effective in a range of languages, pain conditions, age groups and nationalities. [EP127-132]

