

COULD YOUR NERVOUS SYSTEM BE KEEPING YOUR PAIN GOING?

IF YOU'VE BEEN TOLD "EVERYTHING LOOKS NORMAL" BUT YOU'RE STILL IN PAIN, YOU'RE NOT ALONE. THIS DOESN'T MEAN THE PAIN IS "ALL IN YOUR HEAD." IT MEANS YOUR NERVOUS SYSTEM HAS BECOME EXTRA SENSITIVE—AND, LIKE ANY LEARNED PATTERN, IT CAN BE RETRAINED.

WHAT IS PAIN REPROCESSING THERAPY (PRT)?

Pain Reprocessing Therapy (PRT) is an evidence-based approach for treating neuroplastic chronic pain. Rooted in neuroscience, PRT aims to rewire neural pathways in the brain in order to deactivate pain.

During treatment, you'll learn how to:

- Understand why chronic pain continues
- Calm an overprotective nervous system
- Respond to pain with less fear
- Reduce the brain's pain alarm
- Build confidence in moving and returning to activities you enjoy

MANY PEOPLE FIND THAT AS THEY BECOME LESS AFRAID OF THEIR PAIN, THE PAIN ITSELF BECOMES LESS INTENSE AND LESS FREQUENT.

YOU MAY BENEFIT IF:

- Your pain has lasted longer than 3 months.
- Medical evaluations have not found an ongoing injury that explains your symptoms.
- Your pain changes from day to day or gets worse during times of stress.
- You've tried different treatments but still struggle with pain.
- You're ready to learn a new approach to managing chronic pain.

COMMON CONDITIONS INCLUDE:

- Back pain
- Neck pain
- Fibromyalgia
- TMJ pain
- Migraines
- Pelvic pain
- IBS and other functional pain conditions
- Persistent pain after healing period
- Pain that fluctuates with stress or emotions



YOU ARE NOT IMAGINING YOUR PAIN. YOUR PAIN IS REAL. PAIN REPROCESSING THERAPY DOESN'T IGNORE YOUR SYMPTOMS—IT HELPS ADDRESS ONE OF THE SYSTEMS THAT CAN KEEP CHRONIC PAIN GOING.

SCAN QR CODE TO
BOOK A FREE
CONSULTATION
WITH A CERTIFIED
PRT THERAPIST