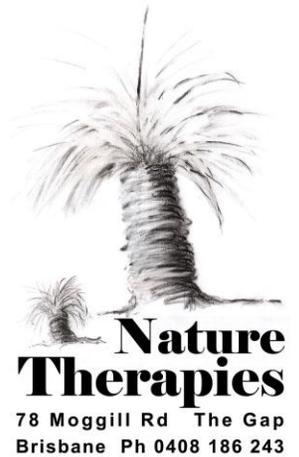


# How to Regain Pain-free Movement

Effectively managing a sore back, neck or specific injury requires more than just the treatment. Vital information about how to enhance recovery and avoid injury can make the difference between healing an injury permanently and having it recur in the future.



Your choice of **corrective or wellness care** lets me know that you are committed to addressing the underlying causes of your condition after we have cleared up the acute pain and discomfort. Sometimes, addressing these causative factors may be the only way to effectively treat a problem. Remember, we are on a quest to answer those 3 questions:

1. "How did you get to be in the state you are in now?"
2. "Why is it that your body hasn't healed your condition to date?"(Our body has an amazing capacity to do this if there is nothing blocking it!)
3. "What is it that we both need to do, to get you better?"

Physical testing and evaluation, along with clinical tests, lets us know what is happening "under your bonnet" and provides us with a more complete analysis of how other imbalanced organs, bodily dysfunction and even chronic inflammation may be putting stress on your condition. Ultimately, this testing lets me know how to best help you.

It has been said that "Knowledge is power", and "Understanding the key to empowerment". **At Nature Therapies I invite you to understand the cause of your illness**, and empower you with the knowledge to minimise the impact of your condition on your future life.

As part of your treatment plan I can also provide education to help you understand what is going on in your body, and how best to improve your recovery. These sessions are a distillation of my 27 years of combined insight and experience into the condition you have, and can be a priceless addition to the advanced treatment methods I practice at Nature Therapies.

You are free to book these sessions at any time in your treatment, however Terry will generally choose the exact makeup of the sessions, tailored to your need.

## What others have said about our education steps.

"I've never been good with doing my exercises before.....now I understand why they will help me so much, I'll be doing them!" *Janice Edwards*

"I finally worked out why I needed constant treatment (elsewhere) to keep my neck from locking up. Now I know what to do to keep it loose myself." *Peter Simons*

I look forward to helping you as much as I can.  
*Terry Hitzke*

