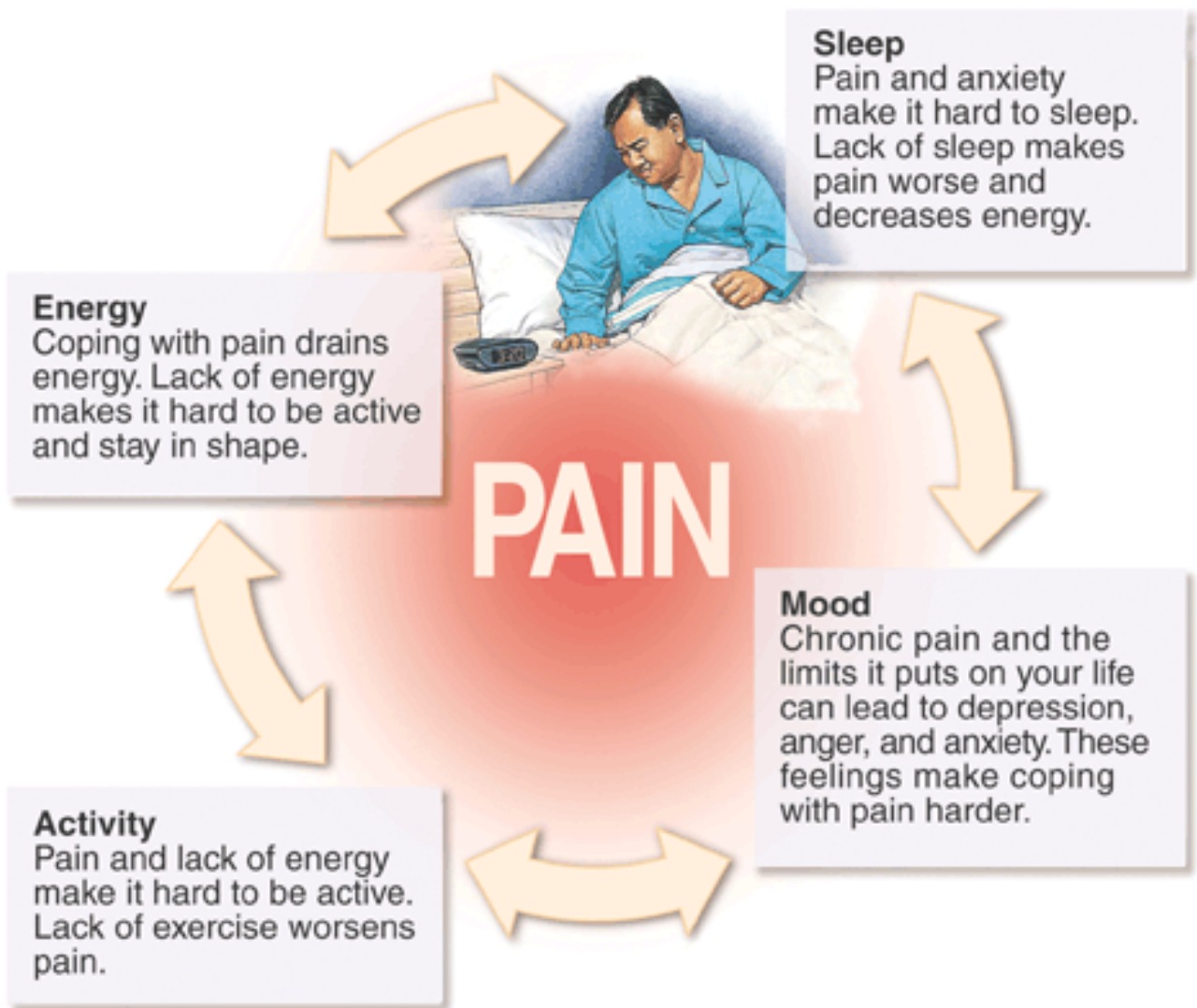


Pain affects every aspect of your life. Your sleep, mood, activity, and energy level are all disrupted by pain. Being tired, depressed, and out of shape makes the pain worse and harder to cope with. This starts the “pain cycle”.



Breaking the cycle of pain at any point can improve function and enjoyment of life!

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