

NERVE PAIN?

4 things to make your nerves happy

Movement

Nerves are designed to slide and glide as we move. The less we move, the more irritated they become. There are specific movements called **nerve glides** to target the different nerves in our body.

Information

The more you know about your pain, the **safer your nervous system feels**, the better your nerves will move.

Blood

Nerves make up 2% of our body weight, but use 25% of our blood oxygen.. Flush them with blood with **aerobic activity**.

Space

Light pressure on a nerve slows the flow of its blood. Avoid staying in the same position for too long to **avoid compressing a nerve**.