

## Revision BKP 107 Pain Reduction

1. What safety measures do you need to consider if you use pain reduction techniques?
2. Why may you use pain relief techniques as a symptom treatment?
3. What kind of pre- and post checks are useful and why?
4. What do you need to consider if you have done a technique and the person did not get pain relief from it?
5. Explain how you could use meridians for pain relief
6. How do you use working directly with muscles?
7. When would you consider pain site/ESR?
8. What is the neuro-muscular reset and energy stroking technique?
9. What has the cross-crawl exercise to do with pain relief?
10. Demonstrate integrating organs
11. How will you explain the figure 8 technique to your client?
12. What are you doing when asking the body for another level of correction for Figure 8s?
13. Under what circumstances is “walking meridians” a useful correction and how do you do it?
14. How do you use pain tapping and what kind of pain are you using it for?
15. What is involved in postural stress release?
16. Explain the use of shells to move pain
17. How can food be implicated in producing pain?