

## Primal 7: Injuries and Chronic Pain

### Primal 7 for Injuries

While rest is the most important and immediate protocol for serious and minor injuries, there's no doubt that rehabilitation is just as crucial to ensuring your body's full recovery.

If you are suffering from an injury and have sought the care of a primary health physician, and have consulted with a physiotherapist following your diagnosis, it is most likely that some stage of the recovery process will involve movement rehabilitation.

The suspension training provided by the Primal 7 system can act as a powerful and supportive accompaniment to your rehabilitation program. Our team of sports experts have witnessed first-hand positive results among patients who incorporate the equipment at the right time of recovery. It has helped clients to speed up the healing process, and enhances overall support to prevent compensation patterns or re-injury.

This is achieved by exercises which focus on whole body mobility, which is key for regaining the full strength necessary for sport participation. The Primal 7 system naturally works towards building a stronger core, no matter what exercise you are performing, and core strength is crucial to supporting recovery of the majority of injuries.

While it is always best to work from the guidance and instruction of a professional, some exercises which can greatly aid your rehabilitation process include squats, elevated step-ups, chest press, side lunges, and seat pull-ups. The extra assistance of the bands also provides security, which is important when a client is naturally nervous about potentially putting strain on their injury.

Athletes returning to sport after an injury also love this equipment because of its portability, which allows them to easily take it with them to training sessions and use them in confined spaces for movements such as running, jumping, and warming up the muscles.

## Primal 7 for Chronic Pain

The Primal 7 system has also done wonders for individuals suffering from chronic pain. It allows people who suffer from chronic pain to exercise without placing a load on the joints, and supports the building of strength which can reduce this pain on a daily basis.

Because the system works on the user's full body mobility, it can reduce chronic pain associated with tight muscles, immobility, or general stiffness which results from the inability to exercise consistently.

Often, clients suffering from chronic pain have difficulty working on functional movements such as walking and squatting, because of the lack of external support. The Primal 7 is designed to provide support, specifically to reduce pain intensity, and help those struggling with pain and inflammation issues to regain tolerance to daily activities.

Incorporating exercises using this suspension method has been known to relieve conditions such as back pain, sciatica and fibromyalgia. Because individuals with fibromyalgia have naturally weaker muscles, with a greater tendency to tear, the Primal 7 system is extremely beneficial for building core strength. Core stabilizing exercises include torso and resisted rotations, standing hip drops, crunches, planks, and lower back stretches.

For back pain, suspension training provides multiple channels of relief, particularly by strengthening the spine. While disc degeneration is inevitable with age, chronic lower back pain can be debilitating, especially with many people's lifestyles involving long hours spent at a desk in uncomfortable positions.

Use the Primal 7 system to reduce chronic back pain by performing planks, crunches, pendulums, mountain climbers, pikes, squats, hip presses, and lunges. Suspension training is even known to relieve neck pain, especially when paired with other forms of movement therapy such as pilates and yoga.

Again, it's all about stretching, strengthening, and improving your posture. Simple yet consistent exercises can really have a long-term, positive impact for those suffering from chronic pain.

If you're suffering from either an injury or chronic pain, make sure you see a professional for a diagnosis and rehabilitation advice, before deciding which Primal 7 exercises are most suited to your condition!