

OVERPROTECTIVE NERVOUS SYSTEM?

TAKE THE TEST

Use the following scale to score the questions below:

0 = never 1 = rarely. 2 = sometimes 3 = often 4 = always

1. I feel tired and unrefreshed when I wake from sleep
2. My muscles feel stiff and achy
3. I have anxiety attacks
4. I grind or clench my teeth
5. I have problems with diarrhea and/or constipation
6. I need help in performing my daily activities
7. I am sensitive to bright lights
8. I get tired very easily when I am physically active
9. I feel pain all over my body
10. I have headaches
11. I feel discomfort in my bladder and/or burning when I urinate
12. I do not sleep well
13. I have difficulty concentrating
14. I have skin problems such as dryness, itchiness, or rashes
15. Stress makes my physical symptoms get worse
16. I feel sad or depressed
17. I have low energy
18. I have muscle tension in my neck & shoulders
19. I have pain in my jaw
20. Certain smells, such as perfumes, make me feel dizzy and nauseated
21. I have to urinate frequently
22. My legs feel uncomfortable & restless when I am trying to go to sleep at night
23. I have difficulty remembering things
24. I suffered trauma as a child
25. I have pain in my pelvic area

Total: _____

SCORE

If you have a score of 40 or above chances are you have central sensitization, or an overprotective nervous system. When our system is sensitized it doesn't take as much to overload it, making doing typical daily activities difficult. Our pain alarm system gets set off early and we are prone to flare ups.

Yes, you may have endometriosis, and the medical system is an important avenue to take if you are suffering with pain. But what the medical system doesn't talk about enough is the evidence-based contributors to our pain experience, central sensitization. These are other opportunities to help reduce and manage our pain. Research even shows that if you go in to surgery (or even other conventional forms of therapy) with a sensitized nervous system, you are more at risk of experiencing continued pain. Have you ever gone for a massage, or acupuncture, or even pelvic physio and come out with more pain?

No, it is NOT all in your head! You are NOT imagining your pain! ALL pain is real! But there are under-utilized ways to retrain your nervous system so it is not as sensitive. Research-based approaches that guide you to do more in your day without collapsing in complete exhaustion, or suffering a flare up.



Don't work harder, work smarter!
Learn what you can be doing to help
retrain your nervous system.

Join our Endometriosis Program and
Book with one of our
Pelvic Physios today!