

Weekly Training Tips

June 29, 2008

Modern neuroscience has proven what we already know – that we get better at what we practice! While this seems like common sense, it is vital to keep this thought in mind in your Z-Health practice. Many people begin training in Z to help rehabilitate old injuries or areas of pain. This is fantastic! However, the temptation in this situation is to jump right in and do drills for the SITE OF PAIN!

A better choice, in almost every case however, is to start by practicing PAIN-FREE MOVEMENT. Remember, you have already practiced and gotten good at moving that painful area and BEING IN PAIN. You need to practice the opposite now. Give yourself two weeks to practice pain-free in your non-injured areas before going after those troublesome spots. This will speed your progress along much faster. Good luck and keep moving!

Keep Moving,

Dr. Cobb

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