



## Neuroplastic Movement

*with Samantha Parker*

MS, C-IAYT, E-YT 200, CPT

Neuroplasticity is the way that our brains can adapt and change throughout our lives, as well as control our pain. Neuroplastic movement is a cutting-edge approach to addressing and combating chronic pain, aiding clients in becoming the driver once again (instead of being the passenger) in the car of chronic pain. Learn how to help your clients/students change their perception of their pain. Also learn how to lay a basic movement foundation that will help facilitate quicker outcomes, along with improving proprioceptive and vestibular stimulation -- all while using cognitive restructuring in addressing individual Kinesiophobia.

### Neuroplasticity:

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### Kinesiophobia:

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### Cognitive restructuring:

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### Cognitive Behavioral Therapy:

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### Biopsychosocial Approach:

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**Proprioceptive Stimulation:**

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**Vestibular Stimulation:**

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**Spatial Awareness:**

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**Identify:**

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**Educate:**

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**Keep them moving:**

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# Eureka!!

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## **Additional Resources**

**-Dr. Daniel Wolpert:** The real reason for brains

<https://www.youtube.com/watch?v=7s0CpRfyYp8>

**-Escape Fire:** This documentary looks at a U.S healthcare system designed to profit on disease not health, reward quantity over quality, and promote high-tech over high-touch.

<https://www.youtube.com/watch?v=Q6n4o3gymdg&list=PLhvp0MTuNzTXFKG0QhfhVmWMIfa94Qtt> &index=4

**-Understanding Pain in less than 5 minutes, and what to do about it!** This short video helps ring understanding to what current research has been saying about chronic pain-that it's not a joint or muscle problem, rather a 're-wiring' of the brain's perception of itself.

[https://www.youtube.com/watch?v=C\\_3phB93rvI&list=PLhvp0MTuNzTXFKG0QhfhVmWMIfa94Qtt\\_&index=3&t=93s](https://www.youtube.com/watch?v=C_3phB93rvI&list=PLhvp0MTuNzTXFKG0QhfhVmWMIfa94Qtt_&index=3&t=93s)

## -Lorimer Moseley-Why Things Hurt

<https://www.youtube.com/watch?v=gwd-wLdlHjs&t=229s>

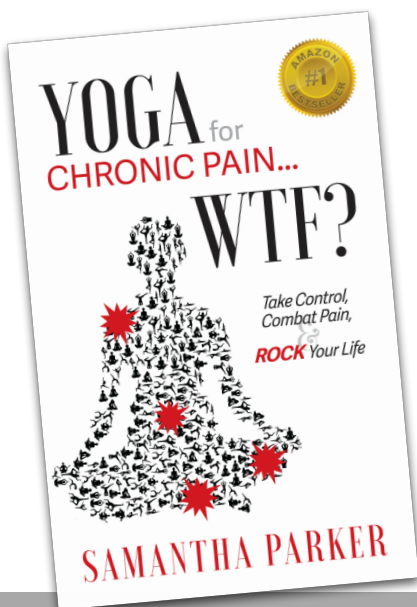
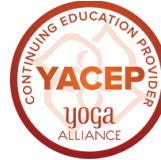
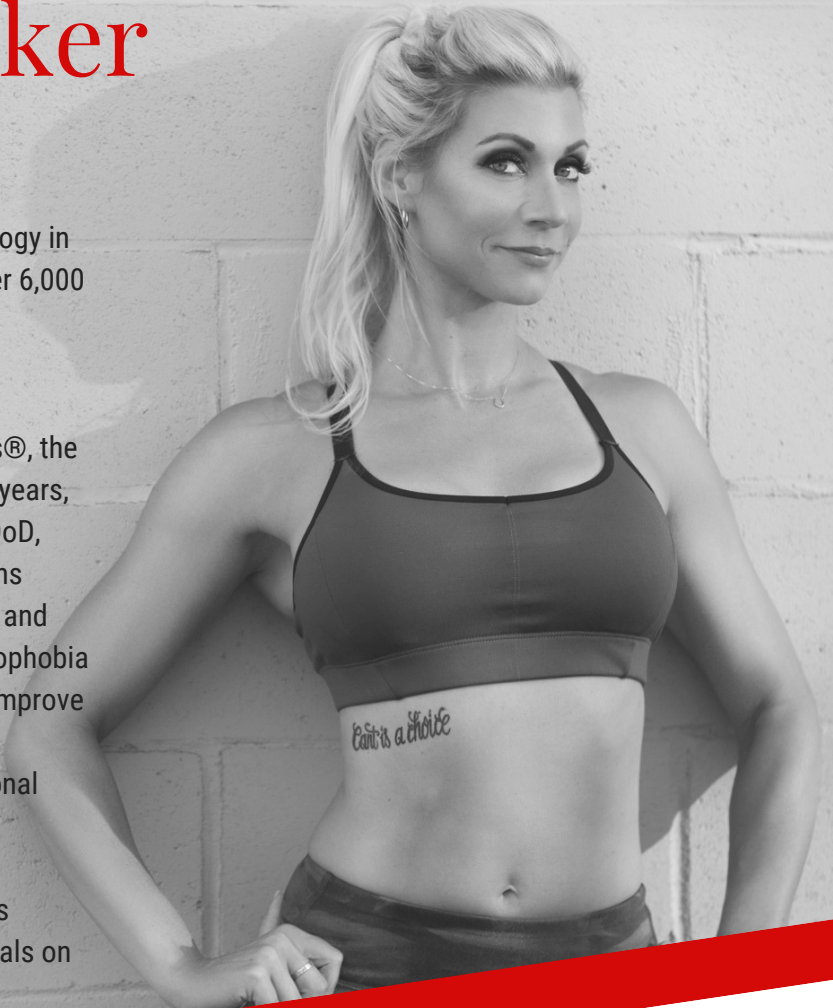
# Samantha Parker

MS, C-IAYT, E-YT 200, CPT

Samantha Parker holds a B.S. in sports and exercise science, and will earn her master's degree in kinesiology in 2019. A certified personal trainer, she has taught over 6,000 hours of yoga on three different continents, treating thousands of patients.

Samantha is the CEO of Neoteric Movement Systems®, the creator of YoMo® and a bestselling author. For four years, she served as the first Chief Yoga Therapist for the DoD, working with U.S. Special Forces, military and veterans suffering from polytrauma. She developed, managed and researched the first yoga program addressing kinesiophobia to reduce chronic pain and opioid medications, and improve function. In addition to working with military servicemembers, she has also worked with professional athletes from football players to elite ballet dancers.

She speaks, trains and develops programs to address kinesiophobia and advises leading government officials on the newest functional movement practices.



*Sam's book is available on Amazon in paperback and Kindle editions.*



SCAN TO LEARN MORE

## STAY IN TOUCH WITH SAM!



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