



Flare-Ups

Perspective on Soft Tissue Flare-Ups and the Practice of the M11Restorative Techniques®

Soft Tissue Flare-Ups are unfortunately a part of the healing process. Those of you with a bad back or bad neck know what Soft Tissue Flare-Ups are. It's that thing that happens when your bad back or neck **GOES OUT**. When Soft Tissue Flare-Ups occur it can be scary and require courage, patience and an increased tolerance for the discomfort and fear involved.

Practice of the **M11Restorative Techniques®** is a conscious process that is used to unlock and restore soft tissue slide surface and master the use of muscle contraction as a pulse, leading to a continual increase of circulation to your sensitive soft tissues. There is **NEVER** an intention of eliciting a Soft Tissue Flare-Up, although they will happen from time-to-time. Tearing soft tissue is injury, you will never tear your soft tissue with proper use of the restorative techniques. You do however run the risk of Flare-Ups because as you work on sensitive soft tissue it irritates the already irritated soft tissue, therefore tracking time is very important.

To avoid Flare-Ups it is best to begin with: **10 MINUTES OR LESS OF ACUTE USE OF THE M11RESTORATIVE TECHNIQUES® TWICE DAILY, MORNING AND EVENING**. Please remember that restorative work is not a perfect process, be patient and steadfast in your daily work.

A Soft Tissue Flare-Up is your body in a more acute healing phase, which will typically take three to four days to calm down. You can use gentle micro-muscle contraction and movement to calm the area.

Remember that the use of **GENTLE, SOOTHING, MICRO-MUSCLE CONTRACTION AND MOVEMENT CAN BE PRACTICED CONSTANTLY AND BE SEAMLESSLY INTEGRATED INTO YOUR DAILY LIFE, PARTICULARLY WHILE SEATED**.

The process of healing is a **HEALING WAVE**. Once you start to **TAKE CONTROL** and **RESPONSIBILITY** for the normalization of your soft tissues you begin to ride the wave of healing. What this means is you will feel **RELIEF** and then you will feel **DISCOMFORT**. This continues in an ebb and flow pattern and eventually levels off as your soft tissues normalize. This process varies with each individual and its speed depends on adherence, consistency and the extent of the original soft tissue dysfunction. Your **THOUGHTS** and **EMOTIONS** may also ebb and flow during this ongoing process. When you feel less discomfort you may feel hope and that the process is working, when in discomfort you may go into fear leading to thoughts of hopelessness and think that the process is not working or its making you worse. **DON'T STOP RIDING THE WAVE!**