

Red Flags Information Sheet: When to See a Medical Provider

Liability Waiver

As with all online learning and movement programs, when using our Pain Neuroscience Education videos, please use common sense. To reduce and avoid injury, check with your doctor before beginning any movement program. By performing any fitness exercises, you are performing them at your own risk. Full Life Care and Corissa Sutton will not be responsible or liable for any injury or harm you sustain as a result of our Pain Neuroscience Education Program. Please listen to your body and rest when you need it. Thanks for your understanding.

Please contact your medical provider if any of the following apply to you:

- You experience regular weekly pain that began within the last 3 months.
- You have never been evaluated by a medical provider for the pain you have today.
 - Your pain rapidly worsening.
 - You unable to bear weight because of your pain.
 - You experience pain at night that keeps you from sleeping.
 - You noticed any skin rashes in the painful region.
 - Your pain as shooting down your arm or leg.
- You have tingling or numbness in your arms, hands, legs or feet.
- Your pain began with a traumatic event in the last 3 months (such as a fall or lifting injury).
 - You are currently experiencing fever, sweating or chills.
- You recently experienced an unexpected loss of bladder or bowel control.
 - You've experienced a recent, unexplained weight loss.
 - You have a history of cancer.
- You have a history of long-term steroid use (such as prednisone)
 - You inject illicit drugs (such as heroin) intravenously.