

The Flare-Up Reset

How To Respond
When Pain Spikes
Without Panicking,
Over-Resting, or
Making It Worse



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Educational Disclaimer

This guide is for educational purposes only and is not medical advice. It is not intended to diagnose, treat, cure, or prevent any disease or medical condition.

If you experience severe, progressive, or unusual symptoms — including loss of bladder or bowel control, groin or inner-thigh numbness, bilateral leg weakness, chest pain, dizziness, new or increasing numbness down a limb, or rapidly worsening symptoms — stop and seek evaluation from a licensed healthcare professional immediately.

Pain Spikes Feel Like Damage

A flare feels dramatic. Sharp. Sudden. Alarming. The automatic reaction is: “I injured it again.”

In most cases, that's not true. Most flares are sensitivity spikes — not structural failure. A flare is a temporary drop in tolerance. Your nervous system becomes more protective. Sensation does not automatically equal damage.

This guide gives you one thing: a fast, controlled way to respond in the moment, without panic and without making it worse. No theory, no long explanations — just the two things to do right now.

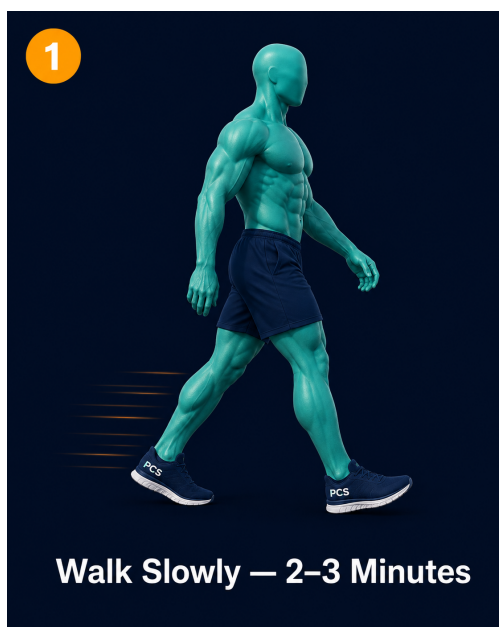
SECTION 01

Do This First

Most people respond to a flare-up in a way that makes it last longer. These three steps are your starting point — before anything else.

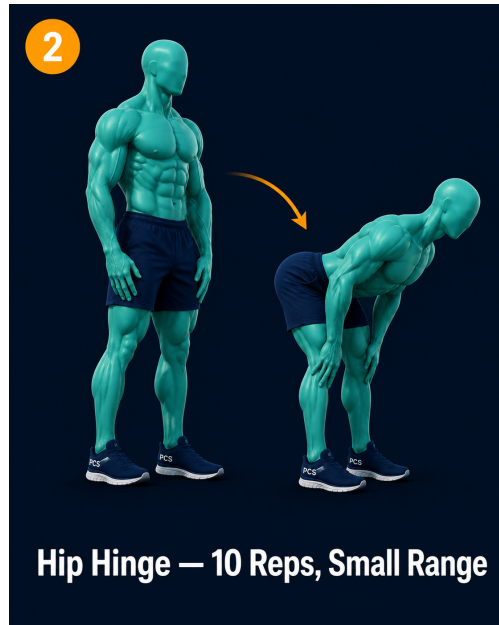
1. Stand and Walk Slowly

Pace: easy and relaxed. Arms loose at your sides. Stop before fatigue. Duration: 2–3 minutes only.



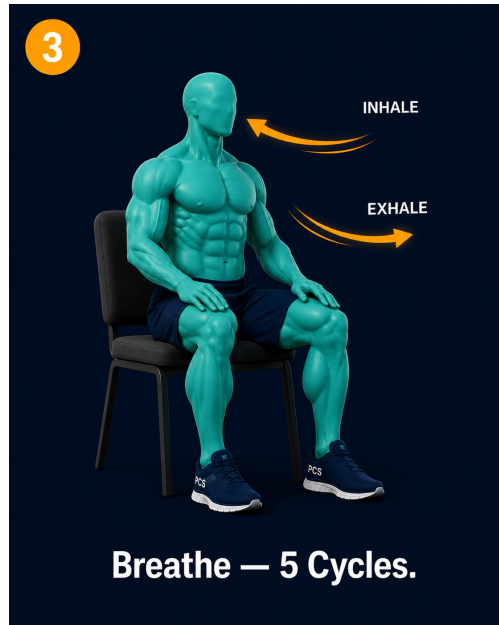
2. Hands on Thighs → Hinge Forward

Range: small — stop at the first sign of tension, not pain. Tempo: 2 seconds down, 2 seconds up. Reps: 10. Stop immediately if sharp pain occurs.



3. Sit Upright → Feet Flat → Breathe

Inhale through your nose for 4 seconds. Exhale through your mouth for 6 seconds. Shoulders relaxed, jaw loose. Repeat 5 cycles.



Goal: reduce intensity — not eliminate pain.

QUICK RESET — USE ANYTIME

Stand tall → shift weight side to side ×10 → hip hinges ×10 at small range.
Use this at any point during a flare.

SECTION 02

If This Happens → Do This

Read your body's signals and respond immediately. Don't wait for pain to peak before acting.

IF THIS HAPPENS	DO THIS
Pain spreads	STOP immediately. Return to walking only — easy pace, 2–3 minutes.
Pain stays local	Continue at the same range. Monitor each rep.
Pain spikes sharply	Reduce your range by about 50%. Don't push through.
Pain stays the same	Neutral response. Continue and monitor.
Pain reduces during movement	Positive sign. Continue at the same range.

The signal isn't the problem — the delayed response is. Acting sooner produces a better outcome than waiting.

Tools That May Help

These tools will not fix the problem. But they may help reduce pain and discomfort so you can move better and build tolerance again.

Biotech CBD Cream (3,500mg)

A topical option for localized application to muscles and joints — often used during the first 48 hours of a flare to help take the edge off.

Biofreeze Professional Pain Relief Gel

A fast-acting topical cooling option, easy to keep on hand for the moment a flare hits.

Or browse all tools on the [Shop Pain Relief Tools](#) tab at paincaresupply.com.

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Final Principle

Relief can be temporary. Capacity can be protective. Control is possible.

You now have the reset protocol — the fast, in-the-moment response for when pain spikes.

If you want the full picture — why flares happen, how to reload safely afterward, and how to reduce how often they hit — the complete guide walks through the whole system:

[The Flare-Up Recovery Protocol — Complete Guide](#)

The full system for understanding flares, the 48-hour window, safe reloading, and long-term flare reduction.

Pain spikes are temporary. Capacity can be rebuilt.