
The Surprising Truth about Soreness

by Stacey Vornbrock, M.S., Sports Performance Pioneer



Sudden Soreness That's Not Related to Injury or Working Out

One of the biggest challenges I've had with athletes is getting them to look at a sore part of their body in a whole new way and then tap for that. Athletes are so conditioned to think that if some part of their body is sore, it's because they were over-using that part of the body either in competition or practice. (I'm not talking about soreness that accompanies a real injury or after workouts.)

I'll illustrate this by sharing a great story. I worked with an MLB catcher for three seasons before he retired. During the season, we would do weekly sessions to stay on top of issues that arose. *For three solid seasons we had the exact same conversation*, and it went like this:



Me: How is your shoulder and how are your knees?

Him: Well my shoulder is a little sore because I've been catching a lot this week (or my knees are a little sore because I've been catching a lot this week).

Me: Your shoulder (knees) isn't sore from catching, it's because there's something you are emotionally upset about that didn't get processed out of your body and it's sitting in your shoulder (knees). Do you have any idea what that might be?

Him: No, not really. (Sometimes he did know.)

Me: How are things with your wife? How are things with your kids? How are things with your teammates? How are things with management? (After getting to know him, I narrowed it down to this list of questions.)

Him: He would identify what he was upset about.

Me: Okay, move your shoulder (or bend your knees) and tell me on a scale from 0-10 how sore it feels.

Him: It's about a 6 (that usually seemed to be the level of soreness).

Me: Let's tap on the emotional upset. We do the tapping and then I ask him to move his shoulder or bend his knees and now tell me the level of soreness.

Him: He giggles and says "that's amazing, it's gone."

Me: Yes, that's because the soreness wasn't from throwing and catching, it was the emotional upset that got stored in your shoulder (knees) to get your attention.

On the very last day I worked with him, we had this conversation again and tapped one more time for his soreness. Only this time we had a different ending (after he giggled and said “that’s amazing, the soreness is gone”)!

Him: So what you’re telling me is that when I’m upset about something it can settle into my shoulder and knees and cause soreness.

Me: Yes, that’s exactly what I’m telling you.

Him: So all these old retired catchers that are walking around all crippled, it’s not from catching all those games, it’s from all the emotional stuff that happened during the course of their career that never got processed and is still sitting in their body.

Me: Yes, that’s exactly what I’m telling you.

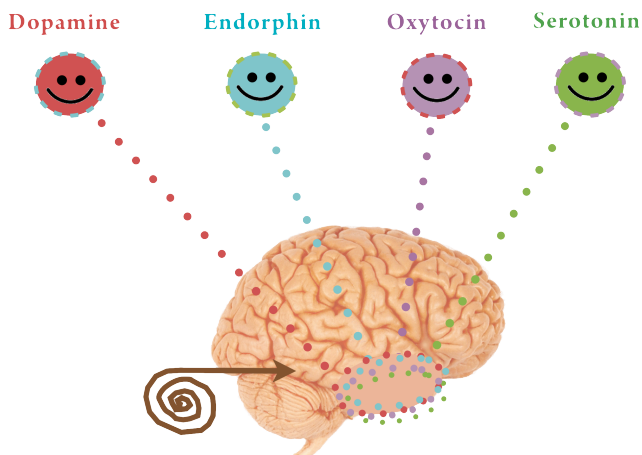
Him: So what you’re telling me is that I don’t have to be crippled when I’m older.

Me: Yes, that’s exactly what I’m telling you.

It brings tears to my eyes every time I tell this story. This man believed he would suffer the same fate as some other retired catchers and have to live a life crippled and in pain from years of catching. He now knows this isn’t true.

My experience with him is a common one among all my athletes. From golfers who believe their shoulders and backs are sore from swinging too much to sprinters that believe their legs are sore from running, time and time again I’ve been able to show them it’s not what they think it is.

Emotions are Chemicals



While emotions have an energy and frequency to them, first and foremost, they are chemicals that are released by the brain and flood the body. For example, when you are angry with someone, that chemical of anger releases from your hypothalamus and floods your body, docking onto cell receptors made just for anger.

I have come to know that our body will place that anger (or whatever the emotion is) in a location that

will be sure to get our attention. For athletes, that location is usually the part of your body you use the most in your sport. It sure does get your attention!

With the use of EFT, it's easy to speak to the body and release that soreness. The biggest challenge is an athlete's conditioned belief around this issue.

The Most Important Question You Can Ask Yourself

I spend a fair amount of time retraining athletes to ask this question when they notice soreness and their mind says it's from competition or practice, "what's happened in the last 24 to 48 hours that I'm upset about?". Your mind will do a "computer search" and pop up the answer and that's what you tap on. Keep tapping on that issue and all the aspects around it until that upset is gone.

Now ask yourself, "is there anything else that's happened in the last 24 to 48 hours that I'm upset about?". Once again your mind will do a computer search and let you know if there is a remaining issue. If there is, tap on that until the upset is gone.

Continue to ask that question, "is there anything else that's happened in the last 24 to 48 hours that I'm upset about?" until the answer is "no". Be very thorough in asking the question and tapping on what comes up.

It's very important not to discount what comes to your mind when you ask that question. Something may come to mind that you think seemed trivial at the time and wasn't a big deal. But if it comes to your mind when you ask that question, I guarantee that the emotional chemicals were not processed out of your cell receptors.

Once the answer is "no" to that question, check to see if your soreness is gone. If it is gone, you're done tapping! If you still have some remaining soreness, you can wait a little to see if that dissipates – sometimes it takes a little time for the body to complete the releasing process.

Try this new approach to any soreness you experience, I think you'll be amazed!

Love and Blessings,
Stacey





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Stacey has been pioneering the use of Emotional Freedom Techniques with professional and amateur athletes to release mental, emotional, physical, and mechanical blocks on the cellular level.

She worked as a psychotherapist from 1977 until 2003 when she began working with athletes.

Stacey is recognized as a leading expert and innovator in the use of EFT with sports performance. Most notably, she has pioneered the application of EFT with injury and surgery recovery, range of motion, soreness, and sports-related mechanical changes.

Stacey is the author of nine *Breakthrough Performance for Sports Manuals* and ebooks for non-athletes, including her ebook, *Injury Recovery; The Ultimate Injury and Trauma Recovery Program*.

Download your free copy of her ebook, *Conquer Your Fear of Failure and Your Fear of Success*, and see her EFT products at:
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