

The Secret Ten

Struggling with what to do with your injured students? Here are 10 general rules to help grow your confidence.

Lessen the pain

Make space

Discover your student's body blind spots

Get your student's breath around the injured area

Don't leave your student in pain, ever

Move them from pain toward pleasure

Think outside the box

Get your student enrolled (it's not up to you)

What can they do?

**Be patient and compassionate. Healing takes time.
Cut your students (and yourself) some slack.**