

Explain Pain

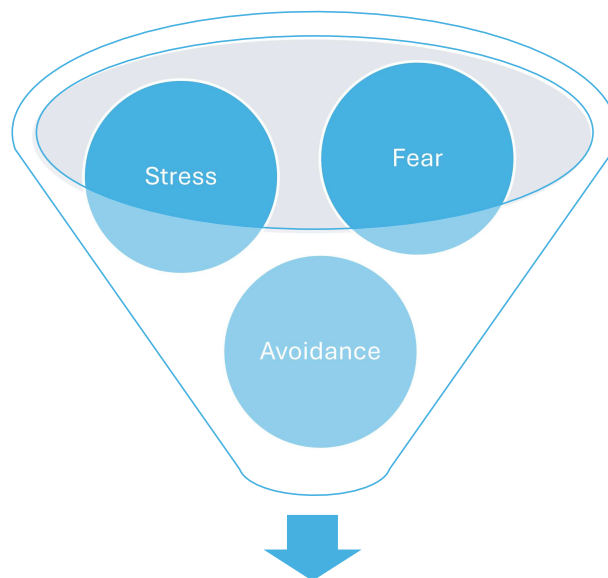
We often associate pain with damage in our tissues, or what has been shown to us via a scan. This is totally natural as it has been explained to us by a health professional, or we have always been told to avoid pain, however, we are now realizing that the pain we feel is rarely associated with tissue damage and the discomfort we feel is much more complex than that.

Pain can be described as an unpleasant sensory and emotional experience associated with actual or potential tissue damage. We know that pain is subjective just like what we see, hear and taste we will all interpret these things differently.

pain \neq tissue damage

Our bodies are extremely strong, robust and adaptable and can adapt to demands despite our pain!

Previous injuries and experiences contribute to pain experiences. This also associates to emotional factors such as stress or depression.



Studies have shown that our beliefs and fears heavily influence our pain and can affect our overall recovery

Around 1% of all musculoskeletal presentations in primary care will be due to serious pathology.

Pain

Acute Pain

Acute pain lasts up to a 1 month and is useful as it alerts us that something is wrong, we know that most minor pains often get better on their own with simple treatment such as a cut or scrape, others may be a sign of something more serious like a leg fracture, but this pain is helpful because it means you need appropriate treatment.

Chronic Pain

Chronic pain carries on for longer than 3-6 months despite medication or treatment. Most people get back to normal after pain following an injury or operation. Tissues heal but the nervous system remembers. Sometimes pain can persist as a result of sensitivity and not tissue damage.