

How Pain Works

1 Injury occurs in the body.

2 Signals go up the spinal cord, back the message to the brain.

3 Brain processes the message and sends the body a pain signal.

Understanding Pain

What Is Pain?

Pain is a subjective experience caused by various factors.

2 Types of Pain

1. ACUTE Pain

Acute pain is the body's warning system that tells you when you've been hurt. It's usually short-lived and goes away once the injury is healed.

Symptoms:

- Sharp pain
- Stinging
- Burning
- Throbbing

Causes:

- Injury
- Surgery
- Infection
- Trauma

2. CHRONIC PAIN/Neuropathic Pain

Chronic pain is the opposite of acute pain. It usually lasts longer than 12 weeks. It's often caused by nerve damage or a long-term condition like arthritis.

Neuropathic chronic pain is a type of pain that is caused by nerve damage. It's often described as a burning, tingling, or shooting pain.

Symptoms:

- Burning
- Tingling
- Shooting
- Throbbing

Causes:

- Diabetes
- Alcohol
- Trauma
- Infection
- Surgery
- Cancer
- Multiple sclerosis

Neuropathic chronic pain is pain that is not caused by an injury.

Symptoms:

- Burning
- Tingling
- Shooting
- Throbbing

Causes:

- Diabetes
- Alcohol
- Trauma
- Infection
- Surgery
- Cancer
- Multiple sclerosis

Chronic pain is a long-term pain that lasts for more than 12 weeks.

Symptoms:

- Burning
- Tingling
- Shooting
- Throbbing

Causes:

- Diabetes
- Alcohol
- Trauma
- Infection
- Surgery
- Cancer
- Multiple sclerosis

Treatment

Treatment for pain is based on the type of pain and the patient's health. It can include medicine, physical therapy, and surgery.

Acute pain: Usually treated with over-the-counter pain relievers like ibuprofen or acetaminophen.

Chronic pain: Often treated with a combination of medicine, physical therapy, and cognitive behavioral therapy.

Where do you feel Pain?

Pain Scale

0 1 2 3 4 5 6 7 8 9 10

Rate your pain by choosing the number that best describes it.

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Understanding Pain Anatomical Chart

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