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Understanding Pain Anatomical Chart

3 Brain processes the message and sends the body of pain.

2 Nerve picks up the message and sends the message to the brain.

1 Injury occurs at the back.

Understanding Pain

What Is Pain?
Pain is an unpleasant sensation occurring in varying degrees of acuity associated with tissue damage or potential damage.

2 Types of Pain

1. ACUTE PAIN
Occurs as a result of injury to the body and generally disappears when the physical injury heals. Acute pain is related to tissue injury. It usually is associated with acute pain.

Causes include:

- Trauma
- Burns
- Cuts
- Lacerations
- Labor and delivery

Symptoms: Patient is able to point to site of pain.

- Sharp
- Burning
- Stinging
- Itching
- Pricking

2. CHRONIC (PERSISTENT) PAIN
Lasts beyond the normal healing period - usually at least 6 months. The pain may be mechanical and repeat. There may be an injury on x-rays or scans to indicate the source of the pain. Some chronic pain may be generated by lower brain dysfunction in association with chronic pain.

Neuropathic chronic pain is a type of pain that is caused by injury to the nerves. Factors include: diabetes or having shingles, osteoarthritis, or herniated vertebrae. Neuropathic pain is called nerve pain.

Common types of neuropathic chronic pain include:

- Diabetic neuropathy - nerve damage as a result of high blood sugar
- Postherpetic neuralgia - pain from shingles after the illness has healed
- SCI (SCI) - pain from the spinal cord or the damage to the spinal cord
- Poststroke neuropathic chronic pain - pain in legs, usually starting months after stroke without signs of an obstruction. The pain may be described as: and the skin feels like ants.

Symptoms:

- Prickling/itching
- Stinging/burning
- Electric shocks or "pins and needles"
- Burning
- Tingling/numbness
- Hot and cold

Non-neuropathic chronic pain is pain that is not caused by injury to a nerve.

The most common types include:

- Low back pain - in the lower back from muscle, ligament, tendon, or disc damage
- Osteoarthritis - arthritis involving the wear and tear of the joint and the cartilage
- Rheumatoid arthritis - an autoimmune disorder involving pain, swelling, and inflammation of the joints

Symptoms: Usually localized pain (patient may not be able to point to site of pain).

- Aching
- Stinging
- Deep aching

Unknown: There are many common chronic pain conditions that are neither known to be neuropathic nor non-neuropathic.

Some include:

- Fibromyalgia syndrome - diffuse body pain with tenderness to the muscles
- Chronic fatigue syndrome - persistent fatigue that does not improve with rest
- Myofascial pain syndrome - muscle pain that persists for hours to days with stress and is often associated with trigger points (TPs)
- Irritable bowel syndrome (IBS) - abdominal pain with changing, shifting, and irregular bowel movements
- Chronic low back pain - back pain that is not associated with injury and without a known cause

Symptoms: May be a combination of chronic neuropathic and non-neuropathic symptoms.

Treatment
Specific treatment options need to be tailored to the individual patient. The use of research with pain medicine professionals to determine the right treatment for you.

Prevention strategies:

- Regular exercise
- Maintain a healthy body weight
- Use safe techniques when lifting heavy objects

Where do you Feel Pain?

Pain Scale
0 1 2 3 4 5 6 7 8 9 10
No pain **Rate your pain by choosing the number that best describes it.** Extreme pain

How Pain Works

1 Injury occurs at the back.

2 Nerve picks up the message and sends the message to the brain.

3 Brain processes the message and sends the body of pain.



Synopsis

Understanding Pain is a visual and textual overview of pain and provides an easy-to-understand tool for patient interaction with health professionals. The chart defines pain and the types of pain, lists symptoms for each, and simplifies "How Pain Works" into three comprehensible steps. A pain scale and a sample human figure are provided so patients can give their health professionals information about the level and location of pain. The chart also gives prevention tips and pointers on consulting a health professional for a tailored treatment plan. Available in Spanish and

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Customer Reviews

I have set this poster up in my home studio, since I am a yoga therapy specialist it is integral to my

work. Thank you for a prompt service and swift delivery.

The chart information is nice. Unfortunately the poster arrived with bents & folds all around as if it was crushed.

It wasn't as laminated as the muscular chart but served my purpose well

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