Understanding Pain Anatomical Chart

Understanding Pain

What Is Pain?

2 Types of Pain
1. Acute Pain
   - Shocks the nerves into action
   - Stingers
   - Paresthesia
   - Paralytic Pain

2. Chronic Persistent Pain
   - Inflammation
   - Nerve entrapment
   - Compression

Where do you feel Pain?

Pain Scale

0 1 2 3 4 5 6 7 8 9 10

How Pain Works

Nerve impulses from the body

Treatment

Pain relief by changing the way the brain perceives & processes pain.
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 English. Made in USA.

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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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