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Understanding Pain Anatomical Chart

How Pain Works

1 Injury occurs in the body.

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

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

Understanding Pain

What Is Pain?

Pain is an unpleasant sensation occurring in varying degrees of intensity 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 relieved 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 3 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 types are generated by lower brain responses in connection 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 burning sensation. Neuropathic pain is difficult to treat.

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 chord or the damage to the spinal chord
- Poststroke neuralgia - pain in legs, usually starting months after stroke without signs of stroke. Sometimes the pain may be described as "ice" and "pins and needles."

Symptoms:

- Pricking/itching
- Stinging/burning
- Electric shocks or "pins and needles"
- Burning
- Itching
- Pricking/itching
- Ice and needles

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 cartilage injury
- Osteoarthritis - arthritis involving the wear and tear of the joint and not the cartilage
- Rheumatoid arthritis - an autoimmune disorder involving pain, swelling, and inflammation of the joints

Symptoms: Fully treated pain (patient may not be able to point to site of pain).

- Burning
- Stinging
- Itching

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 in the muscles
- Chronic fatigue syndrome - persistent fatigue lasting more than 6 months with other symptoms
- Myofascial pain syndrome - muscle pain that persists for hours to days with tension and is often associated with trigger points (TTP) - additional pain with sleeping, stretching, and non-specific white flashing with lightning
- Tension headache - head pain that is not associated with injury and related to tension headaches

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?

Head
Neck
Shoulder
Upper arm
Lower arm
Hand
Wrist
Forearm
Elbow
Upper leg
Lower leg
Ankle
Foot

Pain Scale

0 1 2 3 4 5 6 7 8 9 10

No pain Extreme pain

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

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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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