

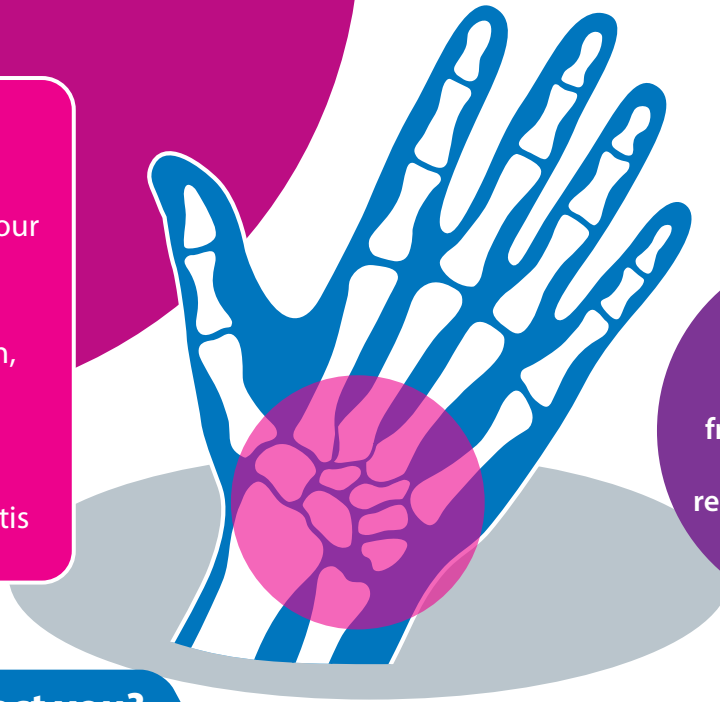
Pain

What are the main causes of pain?

Neurological: created in your nerves and brain (migrane)

Mechanical: damage to muscles or joints (back pain, arthritis pain) or trapped nerves

Inflammation: gout, rheumatoid or osteo-arthritis



If you have pain following surgery, follow the advice from your healthcare professional with regards to pain control medication.

How does pain affect you?

Energy

Coping with pain drains energy. Lack of energy makes it hard to be active and stay in shape.

Sleep

Pain and anxiety make it hard to sleep. Lack of sleep makes pain worse and lowers energy.

Activity

Pain and lack of energy make it hard to be active. Lack of exercise worsens pain.

Mood

Chronic pain limits what can do in life which can lead to frustration, anxiety and depression. These feelings can make coping with pain harder

PAIN

What you can do... The best pain treatment uses a combination of...

Zzz



Prevention

Better sleep,
Activity pacing,
Healthy lifestyle



Psychological

Self-management education,
Counselling,
Relaxation training,
Hypnosis



Physical

Exercise,
Physiotherapy,
Massage,
Acupuncture



Pharmaceutical

Medicine should make
movement & sleep more
comfortable, but may
not eliminate pain

If you are struggling with pain, contact your healthcare professional or GP who maybe able to refer you onto a specialist pain management clinic