

Pain Q & A

- Q.** Pain acts as an alarm.
A. True. Pain serves to alert us when our body is in danger.
- Q.** The alarm system rings only when you are injured.
A. False. The brain can trigger the alarm system for protection.
- Q.** Chronic pain means that an injury hasn't healed properly.
A. False. Chronic pain can also be contributed by mood, stress, sleeping quality, experience.
- Q.** The body tells the brain when it is in pain.
A. False. Body sends information (hot/cold/pressure) to the brain, the brain will analyse all those information and produce "pain" to protect us from harm when necessary.
- Q.** Pain is normal, personal and always real.
A. True. We have pain to protect us from 'danger' or 'harm' - which may not be necessarily true when you have chronic pain. Everybody's pain experience/threshold is different.
- Q.** Degeneration (wear and tear) leads to pain.
A. False. Wear and tear is a normal ageing process and may not be the cause of pain.
- Q.** Pain happens when I overdo or underdo certain activities.
A. True. The body needs time to adapt to the change in load and environment.

WHAT IS PAIN?

There are two main types of pain:

- **Acute** pain begins suddenly and doesn't last for too long.
- **Chronic** pain is pain that can last longer than three months.

WHY DO WE HAVE PAIN?

Pain is very common. Pain is a message created by your brain telling you to protect you from danger.

WHEN SHOULD I SEEK HELP?

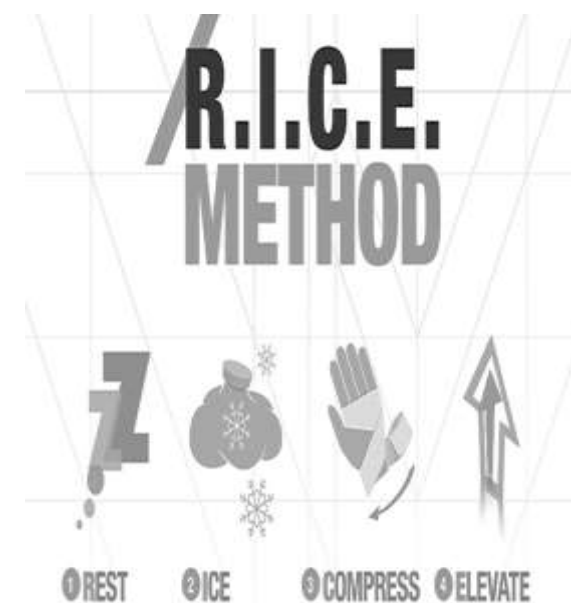
You should consult a doctor if you have the following symptoms:

- Severe pain after a recent trauma or fall
- Pain accompanied with fever or swelling
- Constant pain that does not ease after rest
- Pain in your chest or high up in your back, or pain down your legs
- No control in urinating and passing stools
- Numbness around your genitals, buttocks or inner thighs
- Pain that is worse at night
- Pain with unexplained weight loss

SELF-HELP TIPS

For **Acute** pain:

- Gentle movements as tolerated
- Stay active!
- Relative Rest, Ice, Compression and Elevation



Chronic Pain Management:

- Understanding pain is the first step towards recovery. There is always a multidisciplinary healthcare team to support you on your road to recovery.
- Paying less attention to the pain but more time towards setting meaningful goals that you want to achieve and work towards it.
- Pace yourself in all activities. Not doing too much or too little helps your body to cope without the sudden change in demands.
- Worry less. Try to deal with it rather than avoiding the problem. Get support from your family members or friends if possible.
- Do nice things. Have fun! Less stress!
- Exercises releases natural body pain killers. Try a 5-min walk in the park for the start!



HOW PAIN AFFECTS ME?

Pain can affect you in many different ways. It affects your:



To successfully manage pain we need to focus on ALL parts of your pain!

PHYSIOTHERAPY EDUCATION SERIES

UNDERSTANDING MUSCULOSKELETAL PAIN



PATIENTS. AT THE HEART OF ALL WE DO.

