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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 in the body.

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 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 12 weeks. 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 brain injury. Symptoms 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 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 neuropathic pain - pain in legs, usually starting months after stroke without signs of stroke. Sometimes the pain may be described as "ice" and the skin feels like "pins."

Symptoms:

- Pricking/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 cartilage injury
- Osteoarthritis - arthritis involving the wear and tear of the joint and with normal aging
- 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).

- 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 in the muscles
- Chronic fatigue syndrome - persistent fatigue lasting more than 6 weeks with other symptoms
- Myofascial pain syndrome - muscle pain that persists for hours to days with stress and is often associated with trigger points (TTP) - additional pain with sleeping, stretching, and temperature change alternating with flare-ups
- Tension headache pain - head pain that is not associated with injury and related to tension stress

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
Chest
Upper back
Lower back
Hip
Knee
Ankle

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

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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

English. Made in USA Available in the following versions: 20" x 26" heavy weight paper laminated with grommets at top corners ISBN 9781587799846 20" x 26"

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weight paper ISBN 9781587799839 20" x 26" heavy weight paper laminated with grommets at top corners Spanish ISBN 9780781782296 20" x 26" heavy weight paper Spanish ISBN 9780781782289

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Spanish ISBN 9780781782289 20" x 26" heavy weight paper laminated with grommets at top corners

9780781782289

Book Information

Wall Chart

Publisher: ACC; 1 Wal Chrt edition (November 1, 2006)

Language: English

ISBN-10: 1587799839

ISBN-13: 978-1587799839

Product Dimensions: 20 x 26 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars See all reviews (6 customer reviews)

Best Sellers Rank: #256,504 in Books (See Top 100 in Books) #48 in Industrial & Scientific >

Science Education > Charts & Posters #54 in Books > Textbooks > Medicine & Health Sciences

> Medicine > Clinical > Pain Medicine #65 in Books > Textbooks > Medicine & Health Sciences >

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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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