Understanding Pain

Pain is defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage.

Pain is Influenced by Many Factors:

Genetics
Education
Psychological
Stress
Exercise
Nutrition
Sleeping



painkillers

PAIN

Acute Pain (0-3 months) immediately after injury due to tissue damage

muscle weakness

trouble sleeping

inactivity weight gain

(3 months) tissue has healed pain continues... starts to affect life

fear of

movement

Chronic Pain (greater than 3 months) alarm system won't calm down pain leads to more problems

depression

PAIN

muscle

weakness

trouble

sleeping

In The Case Of Understanding

Julia Schneider

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