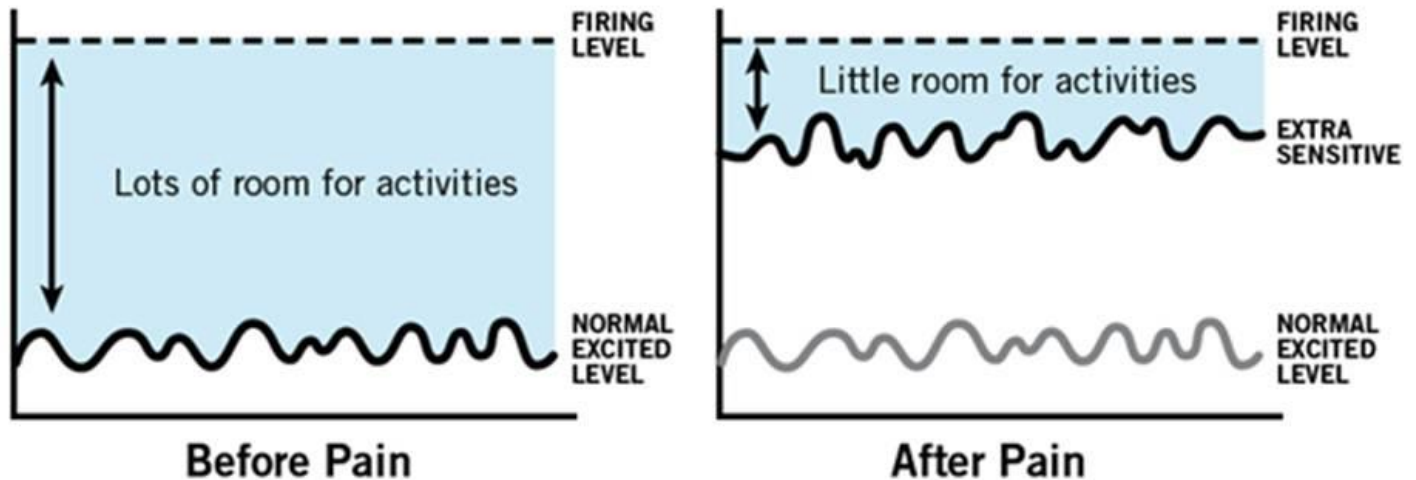




EvolutionPHYSIOTHERAPY

CHRONIC PAIN INFORMATION SHEET

Evolution Physiotherapy is committed to being **your partner in pain reduction.**



Why Do I Hurt?; Louw 2013 OPTP

Pain is a multiple system output, activated by the brain based on perceived threat.

Chronic pain is defined as pain that has persisted for more than 3 months.

New Research suggests that between 25% and 33% of the population has chronic pain.

It is well established that cognitions and pain are inter-related. There is compelling evidence that an educational strategy addressing neurobiology and neurophysiology of pain can have a positive effect on pain, disability, catastrophization, and motor performance. Therefore, to effectively treat chronic pain, we need to change cognitions, beliefs, and fear before we start GRADED MOTOR IMAGERY and/or MOVEMENT THERAPY. This requires starting with THERAPEUTIC NEUROSCIENCE EDUCATION.

The sequence for rehabilitation for chronic pain should follow the following order:

1. Therapeutic Neuroscience Education
2. Graded Motor Imagery
 - a. Laterality (restore left and right)
 - b. Visual imagery (static to dynamic)
 - c. Mirror therapy
3. Movement Therapy (Functional Movement and Aerobic Exercise)

Other areas that should be addressed (if they haven't already been addressed) include:

- Medications
- Diet
- Relaxation/meditation
- Breathing
- Sleep

Common, INCORRECT assumptions about pain include

- There is a direct link between the amount of pain and the level of tissue damage
- All pain is caused by injury and increased pain means more damage
- Pain is either physical or psychological (mental)
- In chronic pain tissues are not healing and damage is ongoing
- Nociception and pain is synonymous
- Pain is an input driven system

Web Resources

1	Pain Education http://www.retrainpain.org/
2	Lorimer Moseley - Why Things Hurt https://www.youtube.com/watch?t=21&v=gwd-wLdlHjs
3	Understanding Pain: What to do about it in less than five minutes? https://www.youtube.com/watch?v=RWMKucuejls
4	How does your brain respond to pain? - Karen D. Davis https://www.youtube.com/watch?v=I7wfDenj6CQ
5	How do pain relievers work? - George Zaidan https://www.youtube.com/watch?t=64&v=9mculc5O-DE
6	The drug cabinet in the brain https://www.youtube.com/watch?v=Gd2NaGZa7M4
7	Explaining Brain Smudging – David Butler https://www.youtube.com/watch?v=3QVAY5stO3U
8	Explain pain book http://www.noigroup.com/en/Product/EPBI
9	Graded Motor Imagery Information http://www.gradedmotorimagery.com/
10	The recognise apps TEST your ability to quickly and accurately recognise an image of a body area as either left or right ('Left/Right Discrimination') and TRAIN your brain and harness its neuroplasticity using a range of tools http://www.noigroup.com/en/Product/BTRAPP

Ask us for further information on our pain treatment approach.