



Understanding Pain



Pain Is...

an experience that is influenced by the physical, emotional, cultural, environmental, and social climate surrounding you



Threshold vs Tolerance

Pain Threshold

The point when pain begins to be felt
-SENSITIVITY-

Pain Tolerance

The point when you can't function due to pain
-BREAKDOWN-

Education & Exercise

Are the MOST EFFECTIVE LONG-TERM interventions

Chronic Pain Is...

a sensitized nervous system. You must treat the mind to treat the symptoms.

Pain, Anxiety, & Sleep

Mood and Pain

- Those with back or neck pain are approx. 3x more likely to have a mood disorder such as panic & anxiety

Pain and Sleep

- Exposure to chronic insufficient sleep may increase vulnerability to chronic pain

8 Pillars of Wellness

Dr. Peggy Swarbrick

Chronic pain can find a home in every aspect of life.

To truly address pain, you must assess all eight pillars of wellness

PHYSICAL

Physical activity, nutrition, and sleep

SOCIAL

Connection and belonging with others

EMOTIONAL

Coping effectively with life while creating solutions

OCCUPATIONAL

Finding personal satisfaction and enrichment with work

FINANCIAL

Satisfaction with current financial situation

SPIRITUAL

The pursuit of purpose and meaning to your life

ENVIRONMENTAL

Creating an environment that maintains well being

INTELLECTUAL

Exploring creativity, gathering knowledge and skill

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