

About Pain...Maybe You Didn't Know:

- **When you experience pain, your brain thinks it's a threat.**
- **The amount of pain you experience does not necessarily relate to the amount of tissue damage**
- **Tissue healing depends on blood supply; all tissues can heal**
- **In order for tissues to heal, they need movement, space and blood supply**
- **When pain persists the danger alarm becomes more and more sensitive**
- **Thoughts and beliefs contribute to the problem in your brain**
- **How you understand and cope with pain affects your pain as well as your life**
- **Many people with persistent pain relate to the "go till it hurts" or "push it when it doesn't hurt". While understandable, these cycles are not helpful; pacing is key**
- **By being patient and persistent, you can use smart activities to gradually increase your participation and involvement in life**
- **It is helpful to purposely seek out activities that are satisfying but not stressful**

Attributed to Theresa Lee Hoey, PT CMPT, Lead Physical Therapist, Carolinas Rehabilitation, Mountain Island Lake and the book "Explain Pain" by David Butler.