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.