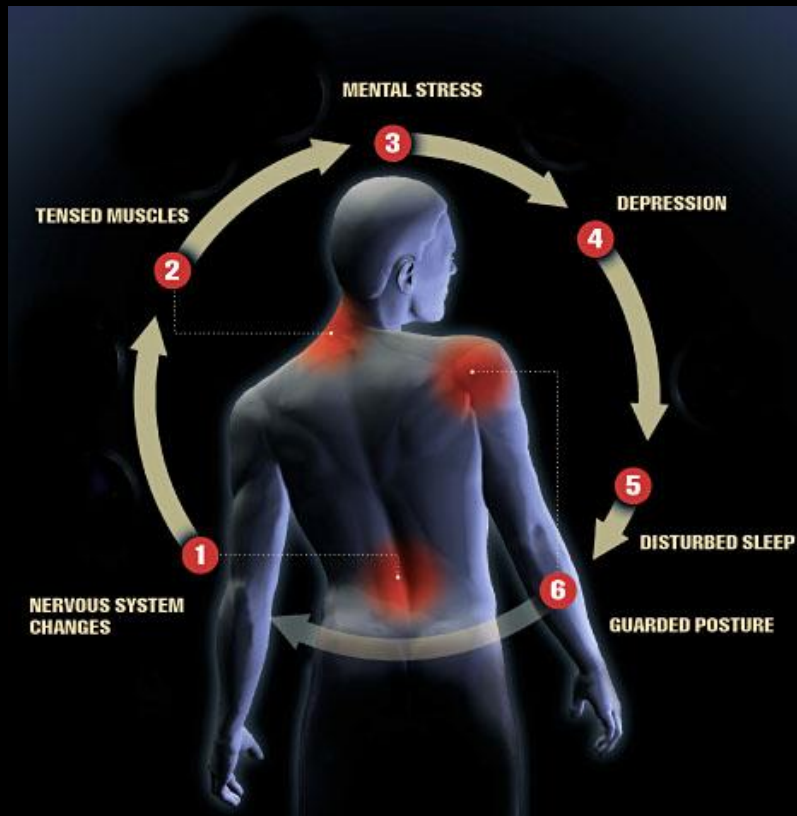


Breaking the Pain Cycle

H. Rand Scott, M.D.

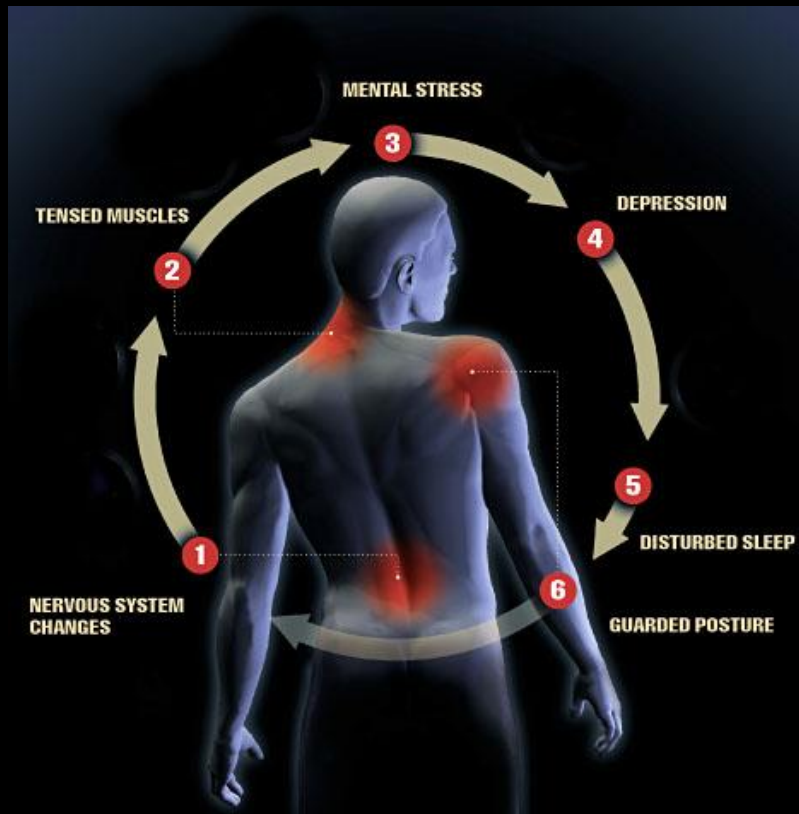
www.paindx.com

Breaking the Pain Cycle



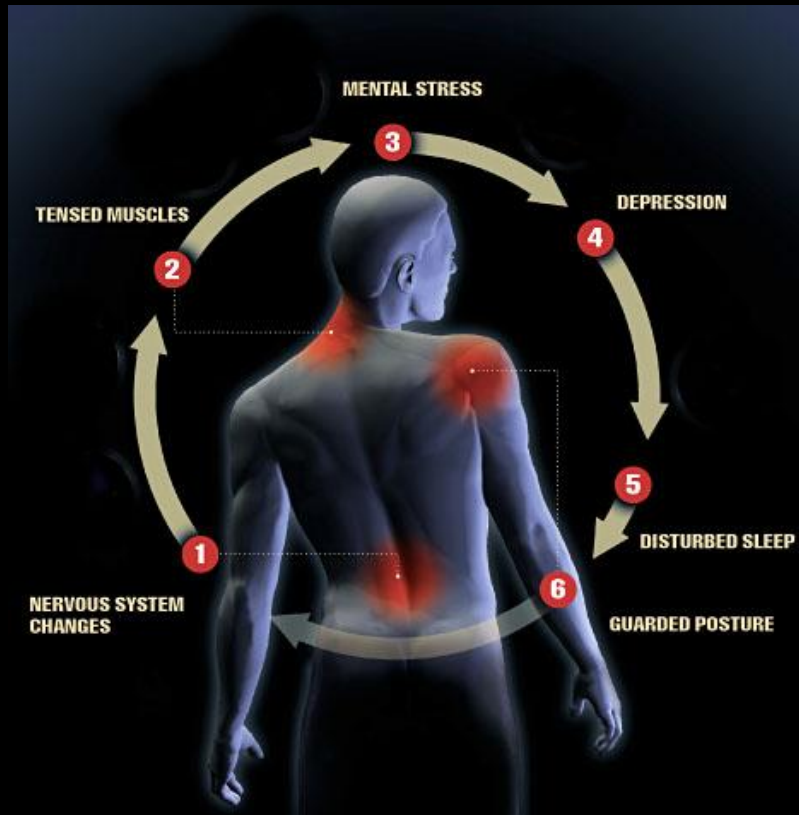
- The Pain Cycle is a vicious cycle of injury leading to body and behavior changes which makes the pain worse

Nervous System Changes



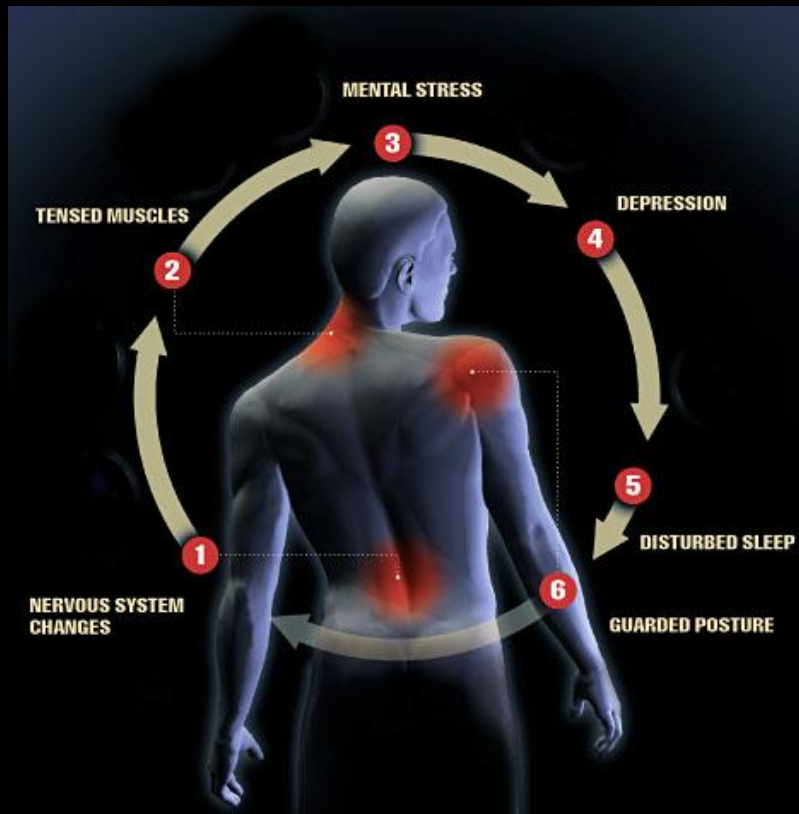
1. After an injury, pain nerves can regrow to connect with other nerves, so a touch elsewhere on the body can trigger pain.

Tensed Muscles



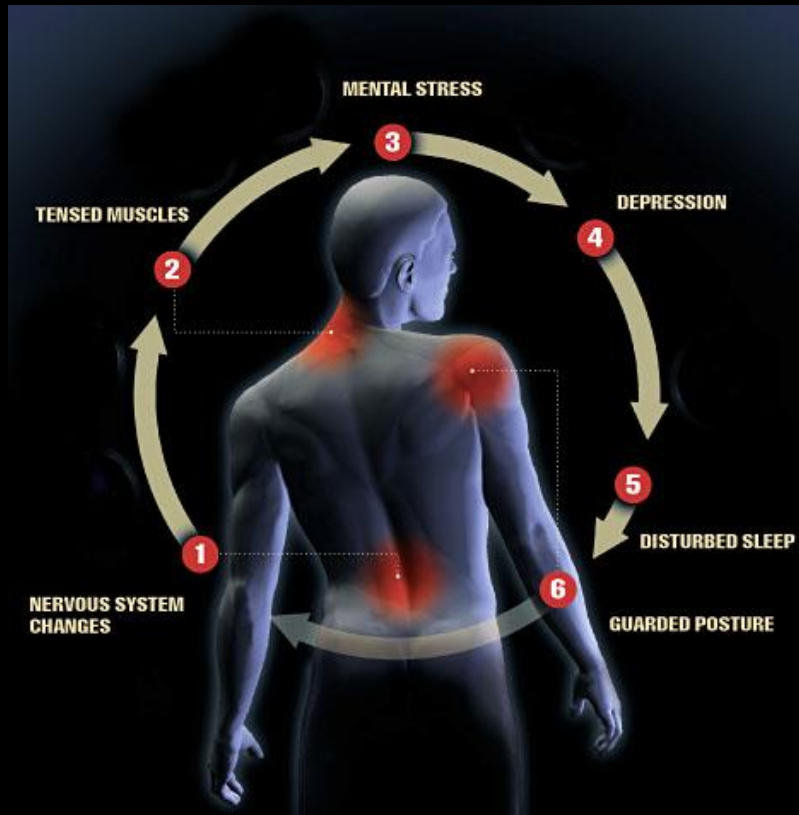
2. Pain can trigger muscle tension, making nerves extra sensitive, and causing pain in areas away from the original injury.

Mental Stress



3. Stress increases the “fight or flight” chemical norepinephrine, leaving the body and mind exhausted.

Depression



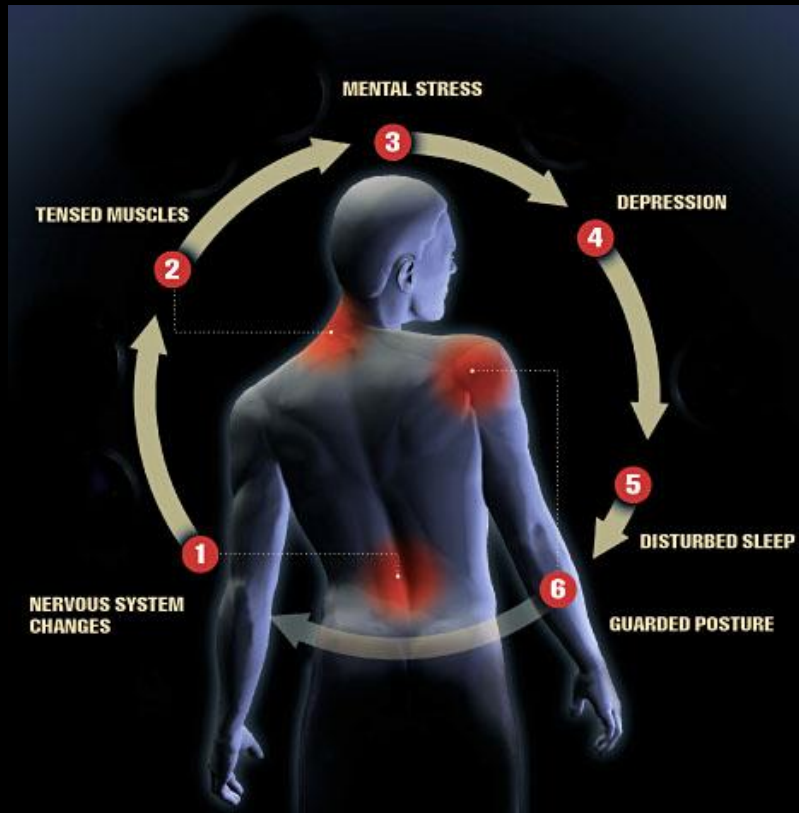
4. Exhaustion is linked to depression, which magnifies physical pain and restricts serotonin, a neurotransmitter that boosts mood.

Disturbed Sleep



5. Sleeplessness may follow, exhausting the supply of endorphins which normally blunt pain.

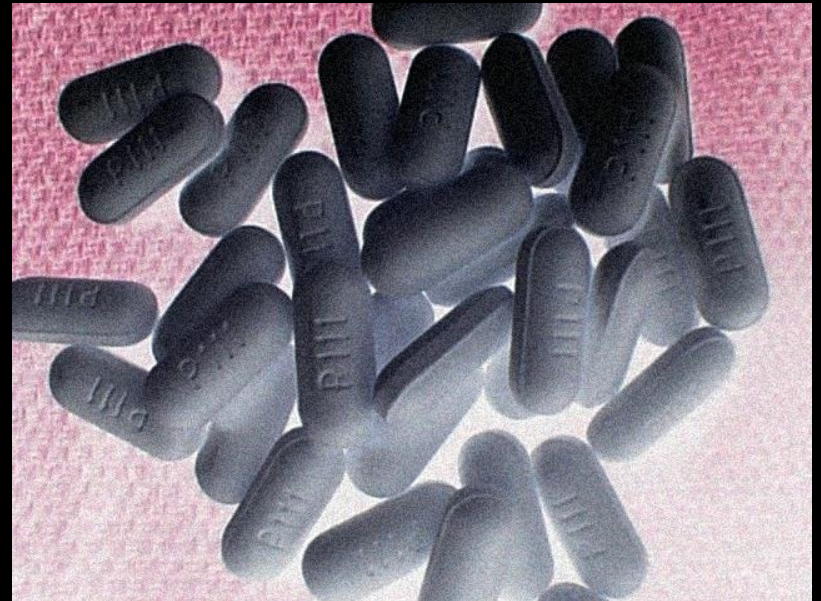
Guarded Posture



6. Odd positions taken to avoid pain put strain on other muscles, spreading pain to other area of the body. Unused muscles lose strength, creating more discomfort.

Breaking the Cycle Medications

- Medications are used to help you sleep, for pain control, and to change your mood.



Breaking the Cycle

Exercise



- Aquatherapy and Physical therapy, combined with stretching and aerobic activity can help if done properly and under supervision

Breaking the Cycle Emotion



- Learning biofeedback or seeing a pain psychologist can help get you back in control of your life.

You can Break the Cycle

- The experts at Newport Pain Management have the tools to help you beat your pain. Enjoy your life to the fullest.

