

PHYSIO TIPS

IN FEBRUARY

PREVENTION OF PAIN



Physio Tips is a monthly newsletter aimed at educating the public regarding the latest's evidence in injury management, without all the medical jargon. We will keep it simple and concise, but full of knowledge gems in order to empower and equip you.

REACH OUT TO US

The ISAP's (International Association of the Study of Pain) focus for 2020 is:

PREVENTION OF PAIN

Through this campaign they strive to bring together researchers, clinicians and patients in the hope to achieve better patient outcomes. Appropriate pain prevention methods are essential to ensure proper care and thereby avoid the development of chronic pain, as well as lessen the impact of pain on quality of life and daily functioning.

TARGET CONCEPTS in understanding PAIN

We need to reconceptualise our understanding of PAIN in order to purposefully shift our understanding away from the traditional biomedical and anatomical models. Research has proven that by equipping ourselves with better knowledge and understanding of how pain works, our pain intensity and management thereof will improve. Here are 10 target concepts (**credit to the NOI group**) that aim to spark a shift to an improved understanding that pain is an OUTPUT from the brain and a multi-faceted experience.



1

Pain is normal, personal and always real

All pain is a normal, usually useful (but unpleasant!) response to what your brain judges to be a threatening situation. It makes you change behaviour. All pain is real, and only you decide whether you are in pain or not.

2 Learning about pain can help the individual and society

Learning about pain is therapy. When you understand why you hurt, you hurt less. If you have a pain problem, you are not alone - millions of others do too. Knowledge is the greatest pain liberator of all.

3 Pain and tissue damage rarely relate

Surprising as it may seem, the amount of pain you feel does not relate very well to the extent of an injury. Brutal pain can occur without injury. Catastrophic injuries are often pain-free. Understanding how and why this occurs is actually very clever, and will help your pain.

4 There are danger sensors, not pain sensors

Our bodies are covered, inside out, with danger detectors, NOT pain detectors. This amazing fact reminds us that the brain produces pain and it considers more than danger detectors when it does so.

5 Pain is completely dependent on context

Pain can be influenced by the things you see, hear, smell, taste and touch, things you say, things you think and believe, things you do, places you go, people in your life and things happening in your body. Pain is a conscious experience that necessarily involves many brain areas.

6 Pain depends on the perceived balance of danger and safety

Our brains are so clever, and so good at protecting us, that any credible evidence of danger can turn pain up, and any credible evidence of safety can turn it down. These danger and safety cues can hide in hard to find places.

7 Pain is one of many protective outputs

We are the ultimate self protectors. We use immune, endocrine, movement, breathing and autonomic responses to do this. Our brain can also produce feelings such as pain, stiffness, fear and fatigue. Any or all of these systems can become overprotective with repeated use.

8 We are bioplastic

While our protective systems, including pain, can become turned up and edgy, the notion of bioplasticity suggests that they can change back. Pain is a biological event and everything in biology changes, right to the last breath.

9 There are multiple active treatment strategies

Once you understand pain, you can begin to make plans, explore different ways to move, improve your fitness, eat better, sleep better, demolish DIMs (danger in me networks), find more SIMs (safety in me networks) and gradually do more. Ultimately you are in charge.

10 Current pain treatments are up for questioning

There should be no shame if current treatments are not working. We can all review our current treatment of pain based on new pain knowledge. And remember - your own brain can make powerful medications.

At Therapy in Action we promote strategies that optimise living and function despite pain, and strive to give those living with pain the tools they need for effective self-management.



Please visit our website for detailed explanations of our approach and interventions for Pain Management as well as regular pain chats on our blog posts.

PAIN MANAGEMENT

BLOG POSTS

KNOWLEDGE IS POWER

WATCH THIS SPACE FOR PHYSIO TIPS IN MARCH:

Digging deeper in to how pain works

Where You Can Find Us



4 Herold Street

021 8829148 or 021 8832516

3A Arun Place, Sir Lowry's Pass Village Road

021 8527711 or 021 8527751

HAVE ANY QUESTIONS?



Interdisciplinary Health Professionals
Together. We Restore. Function.

SMAL/KLEYNHANS PHYSIOTHERAPISTS Inc. Reg: 0720000665622