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# Understanding Pain Anatomical Chart

**How Pain Works**

**1** Nerve sends the message to the brain.

**2** Nerve picks up the message and sends the message to the brain.

**3** Brain processes the message and sends the body of pain.

## Understanding Pain

### What Is Pain?

Pain is an unpleasant sensation or feeling in various regions of the body.

### 2 Types of Pain

#### 1 ACUTE PAIN

Occurs in a short period of time and generally disappears when the physical cause has been removed.

**Causes include:**

- Injury
- Burns
- Surgery
- Labor and delivery

**Symptoms:** Patient is able to point to the site of pain.

- Sharp
- Burning
- Stinging
- Tingling
- Prickling

#### 2 CHRONIC (PERSISTENT) PAIN

Lasts beyond the normal healing period—usually at least 3 months. The pain may be mechanical and repeat. There may be an injury or injury or stress in relation to the location of the pain.

**Neuropathic chronic pain** is a type of pain that is caused by damage to the nerves. It is often described as burning, stinging, numbness, or tingling sensation. Neuropathic pain is usually long-term.

**Common types of neuropathic chronic pain include:**

- Diabetic neuropathy: nerve damage as a result of high blood sugar
- Postherpetic neuralgia: pain that begins after the shingles have healed
- Trigeminal neuralgia: pain that comes on in sharp bursts near the face
- Fibrositis: muscle pain at the neck, usually feeling like a knot or lump of muscle in the shoulder. The pain may be described as a "stab" that lasts for days.

**Symptoms:**

- Burning
- Stinging
- Tingling
- Prickling
- Sharp

#### Neurovascular chronic pain

is pain that is not caused by injury to a nerve.

**The most common types include:**

- Migraine headaches: pain in the front of the head
- Raynaud's disease: numbness or tingling in the fingers and toes
- Restless leg syndrome: pain and discomfort in the legs and feet
- Peripheral vascular disease: pain and numbness in the arms and legs

**Symptoms:** Usually localized pain patterns may include:

- Pain in the arm
- Pain in the leg
- Pain in the chest
- Pain in the back

#### Unknown

There are many unknown chronic pain conditions that are neither known to be nerve or neuropathic nor vascular.

**Some include:**

- Fibromyalgia syndrome: diffuse body pain with tenderness in the muscles
- Complex regional pain syndrome: pain in one limb that is severe and persistent
- Sickle cell anemia: pain in the chest and back
- Multiple myeloma: pain in the back and other areas
- Chronic fatigue syndrome: pain with fatigue, flu-like symptoms, and difficulty sleeping
- Irritable bowel syndrome: pain in the abdomen
- Chronic pelvic pain: pain in the pelvic area
- Chronic vulvodynia: pain in the vulva
- Chronic proctalgia fugax: pain in the rectum
- Chronic anal fissure: pain in the anal area
- Chronic vulvodynia: pain in the vulva
- Chronic proctalgia fugax: pain in the rectum

**Symptoms:** May be a combination of chronic neuropathic and neurovascular symptoms.

### Where do you Feel Pain?

Head, Neck, Shoulder, Arm, Hand, Wrist, Elbow, Forearm, Upper Arm, Chest, Back, Hip, Leg, Foot, Ankle, Heel, Toe.

### Treatment

Specific treatment options need to be tailored to the individual patient. The use of opioid pain medications should be reserved for short-term use only.

**Prevention strategies:**

- Regular exercise
- Maintain a healthy body weight
- Use safe techniques when lifting heavy objects

### Pain Scale

0 1 2 3 4 5 6 7 8 9 10

No pain. Rate your pain by choosing the number that best describes it. Extreme pain.



## Synopsis

Understanding Pain is a visual and textual overview of pain and provides an easy-to-understand tool for patient interaction with health professionals. The chart defines pain and the types of pain, lists symptoms for each, and simplifies "How Pain Works" into three comprehensible steps. A pain scale and a sample human figure are provided so patients can give their health professionals information about the level and location of pain. The chart also gives prevention tips and pointers on consulting a health professional for a tailored treatment plan. Available in Spanish and

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I have set this poster up in my home studio, since I am a yoga therapy specialist it is integral to my

work. Thank you for a prompt service and swift delivery.

The chart information is nice. Unfortunately the poster arrived with bents & folds all around as if it was crushed.

It wasn't as laminated as the muscular chart but served my purpose well

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