



The Pain Truth Test

| Answer to the best of your knowledge. If you are not sure, please read / re-read <i>The Pain Truth</i> book. Download the e-book from www.aptei.com/shop | T | F | ? |
|--|---|---|---|
| 1. The brain produces pain only if there is actual injury to the body | | | |
| 2. Pain always means that there is something injured or damaged in the body | | | |
| 3. Persistent pain always means that the injured tissues have not yet healed | | | |
| 4. Ignoring pain and quickly getting back to full activity is a good method of dealing with persistent pain | | | |
| 5. All pain is real ; there is no such thing as imagined pain | | | |
| 6. It is possible to feel pain and have no physical injury or damage to the body | | | |
| 7. Pain is an alarm system that warns the body of actual or perceived danger | | | |
| 8. All pain is in the head+(...in the brain) | | | |
| 9. Thoughts and fears can increase blood pressure, breathing, heart rate, muscle tension and spasms | | | |
| 10. Thoughts and fears can cause or increase swelling / inflammation | | | |
| 11. Just thoughts and fears can actually cause or increase pain | | | |
| 12. The vast majority of disc degenerative changes (arthritis) and disc bulges seen on x-rays and MRIs are normal and are not associated with pain | | | |
| 13. Increased nerve hypersensitivity may explain why sometimes pain persists even after injured tissues have healed | | | |
| 14. Emotional stresses such as depression, anxiety, fear or anger can increase nerve hypersensitivity and contribute to persistent pain | | | |
| 15. The spinal cord and the brain can magnify pain as long as the brain believes the body is in danger | | | |
| 16. Reliance on passive treatments such as pills, massage, tingly machines, and adjustments may be OK in the short term, but not in the long term | | | |
| 17. Understanding and truly accepting that pain does not always mean harm is the best way of very gradually returning to normal life activities | | | |
| 18. It is impossible to recover from persistent pain without a daily active exercise / movement program | | | |
| 19. It is possible to teach the brain to learn how to change pain perception, as the brain is always changing | | | |
| 20. To reverse pain from hypersensitive nerves, our body needs ample oxygen, water, fresh fruits & vegetables, sleep, vitamin D (sun), joy and pleasure | | | |

Answer: The first 4 statements are False; All the rest are True.

All Pain is 100% REAL

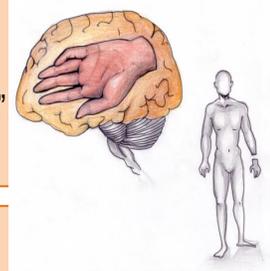
Fact #1: There is no such thing as %imagined+pain. **If you feel it, it's real!** Pain is an alarm system that warns the body of **actual** or **perceived** danger.



Pain can be Present with no Tissue Damage!

Fact #2: Up to 70% of all those who lose a part of their body or have an amputation feel sensations such as burning or severe pain in their no longer existing hand, leg or breast. This is referred to as **phantom limb pain** ...and the **pain is REAL!**

A clue that pain may no longer be from injured tissues is when the pain "**has a mind of its own**" Pain increases even with little activity and is **not relieved** by rest or medications.



Tissues Heal!!!!

Fact #3: Broken bones, torn ligaments, muscles and tendons most often heal within 4-8 weeks. Pain lasting longer than 3 months is **unlikely from just tissues**, especially if the pain is aggravated by relatively light activities or present even at rest!



Most "Arthritis" and disc bulges are Normal

Fact #4: The vast majority of disc degenerative changes (arthritis) and disc bulges seen on x-rays and MRIs are common, normal and are **not associated with pain**.



Pain = Nerve Hypersensitivity

Fact #5: Increased **nerve hypersensitivity** may explain why sometimes pain persists even after injured tissues have healed. This nerve hypersensitivity is often made **worse by prolonged rest**.



Emotions can Increase Pain

Fact #6: Depression, anxiety, **stress**, anger, perceived injustice, and **fears of re-injury** can all increase nerve hypersensitivity and contribute to persistent pain.

Acknowledge that pain does not always indicate tissue damage or harm to your body, then try to maintain a **positive attitude**. **Hopefulness is a must for recovery**, not optional!



The Brain can Magnify & Reduce Pain

Fact #7: The brain can magnify pain as long as it believes the body is in danger.

Great news! It is possible to teach the brain to be less sensitive, as **the brain is always changing**.



Use it or Lose it...but Motion is Lotion

Fact #8: The brain literally changes when we stop normal movement of a body part for a long period of time. Attempting regular movements and exercising on a daily basis are essential for managing persistent pain and changing the brain again! This is referred to as **%neuroplasticity+**

Set 3 Motivating Goals... your Physiotherapist will break them down into small realistic tasks

Write down 3 specific activities that you would like to return to. The activities must be realistic to you and should excite you. *E.g. go grocery shopping, play tennis for one hour, walk in the park for 30 minutes, etc.*