



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

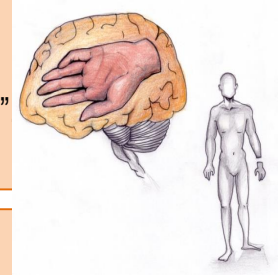
Fact #1: There is no such thing as %imagined+pain. **If you feel it, it's real!** Pain is an alarm system that warns the body of **actual** or **perceived** danger.



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.

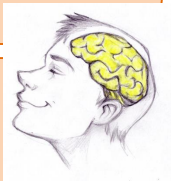
Acknowledge that pain does not always indicate tissue damage or harm to your body, then try to maintain a **positive attitude**. **Hopefulness is a must for recovery**, not optional!



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.*