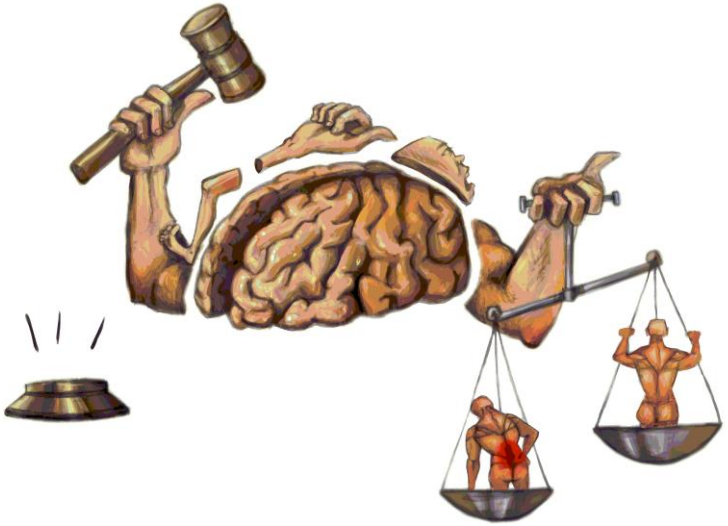
The Pain Truth

... & Nothing but!



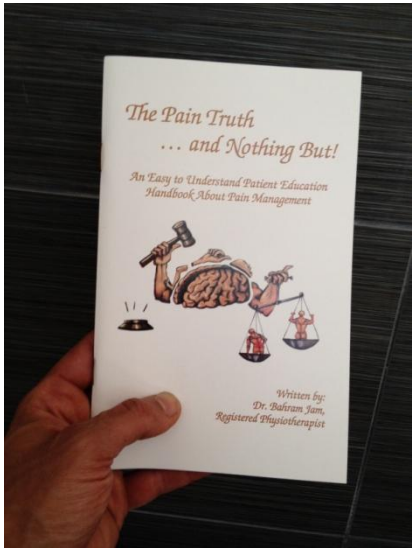
20 Question Quiz

The Pain Truth

… & Nothing but!

- The only purpose of this short quiz is to help those coping with persistent pain better understand why pain sometimes persists.

- The answers and references to this quiz are based on the book and videos, *The Pain Truth & Nothing But!*



Q1: We experience pain only if there is actual physical injury to the body

☐True ☐False

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☐True ☒False

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☐True ☒False

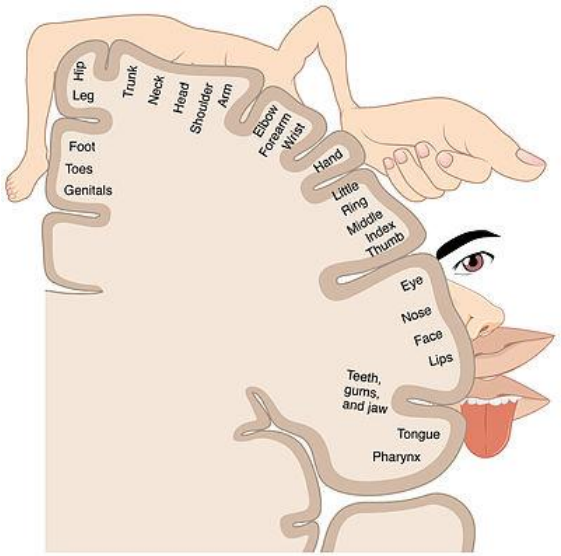
Pain can be present with no tissue damage!

- **Fact:** 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!**

Q1: We experience pain only if there is actual physical injury to the body

☐True ☒False

Pain can be present with no tissue damage!



Q2: Pain always means that there is something injured or damaged in the body

☐True ☐False

Q2: Pain always means that there is something injured or damaged in the body

☐True ☒False

Q2: Pain always means that there is something injured or damaged in the body

☐True ☒False

Headaches can be quite painful, yet in the vast majority of cases nothing is injured or damaged

Calf cramps can be very painful, yet nothing is injured or damaged

There are hundreds of other examples, but 2 will do for now!

Q3: Persistent pain always means that the injured tissues have not yet healed

☐True ☐False

Q3: Persistent pain always means that the injured tissues have not yet healed

☐True ☒False

Tissues Heal!!!!

- **Fact:** 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!

Q3: Persistent pain always means that the injured tissues have not yet healed

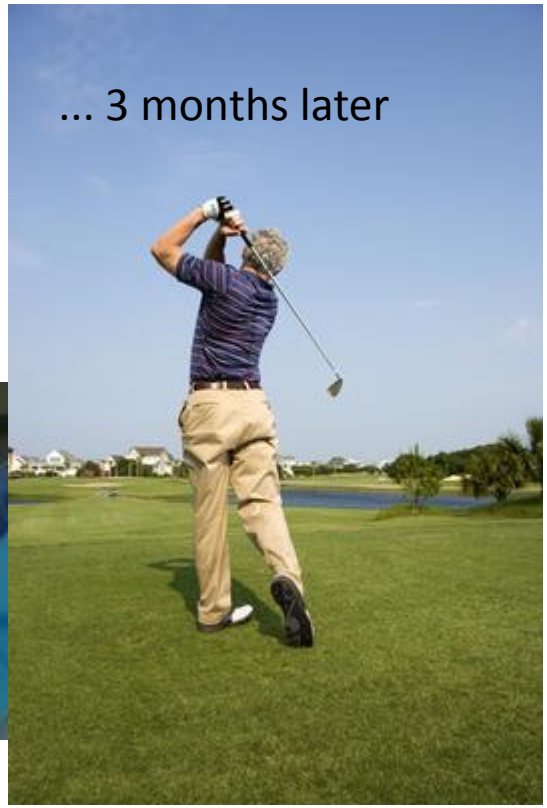
☐True ☒False

Tissues Heal!!!!

Q3: Persistent pain always means that the injured tissues have not yet healed

☐True ☒False

Tissues Heal!!!!



Q4: Ignoring pain and quickly getting back to full activity is a good method of dealing with persistent pain

☐True ☐False

Q4: Ignoring pain and quickly getting back to full activity is a good method of dealing with persistent pain

☐ True ☒ False

Q4: Ignoring pain and quickly getting back to full activity is a good method of dealing with persistent pain

☐True ☒False

- Ignoring pain often leads to the nervous system becoming even more protective and have you experience more pain the next time you attempt the activity.
- Ignoring pain or simply taking pain medications to numb the pain and overdoing activities is a bad idea.

Q4: Ignoring pain and quickly getting back to full activity is a good method of dealing with persistent pain

☐ True ☒ False

Q5: All pain is real; there is no such thing as imagined pain

☐True ☐False

Q5: All pain is real; there is no such thing as imagined pain

☑True ☐False

Q5: <u>All</u> pain is real; there is no such thing as imagined pain

☑True ☐False

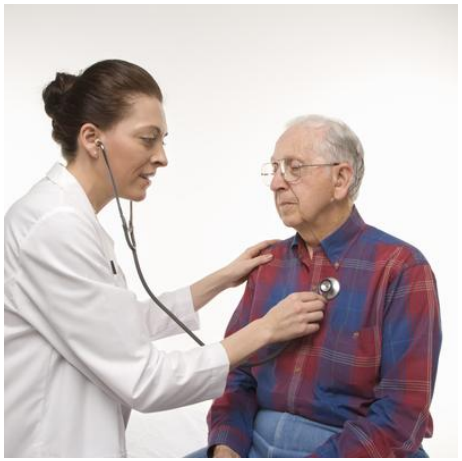
All Pain is 100% REAL

- **Fact:** There is no such thing as “imagined” pain. **If you feel it, it’s real!**

Q5: All pain is real; there is no such thing as imagined pain

☑True ☐False

All Pain is 100% REAL



Q6: It is possible to feel pain and have no physical injury or damage to the body

☐True ☐False

Q6: It is possible to feel pain and have no physical injury or damage to the body

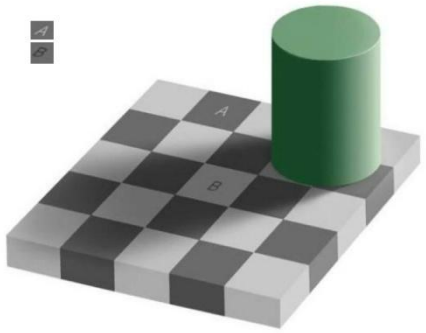
☑True ☐False

- **Fact:** The nervous system can experience pain if it simply perceives potential injury or damage
- There are thousands of pain experiments where healthy people are “fooled” into believing that they will be experiencing pain and they actually do.

Q6: It is possible to feel pain and have no physical injury or damage to the body

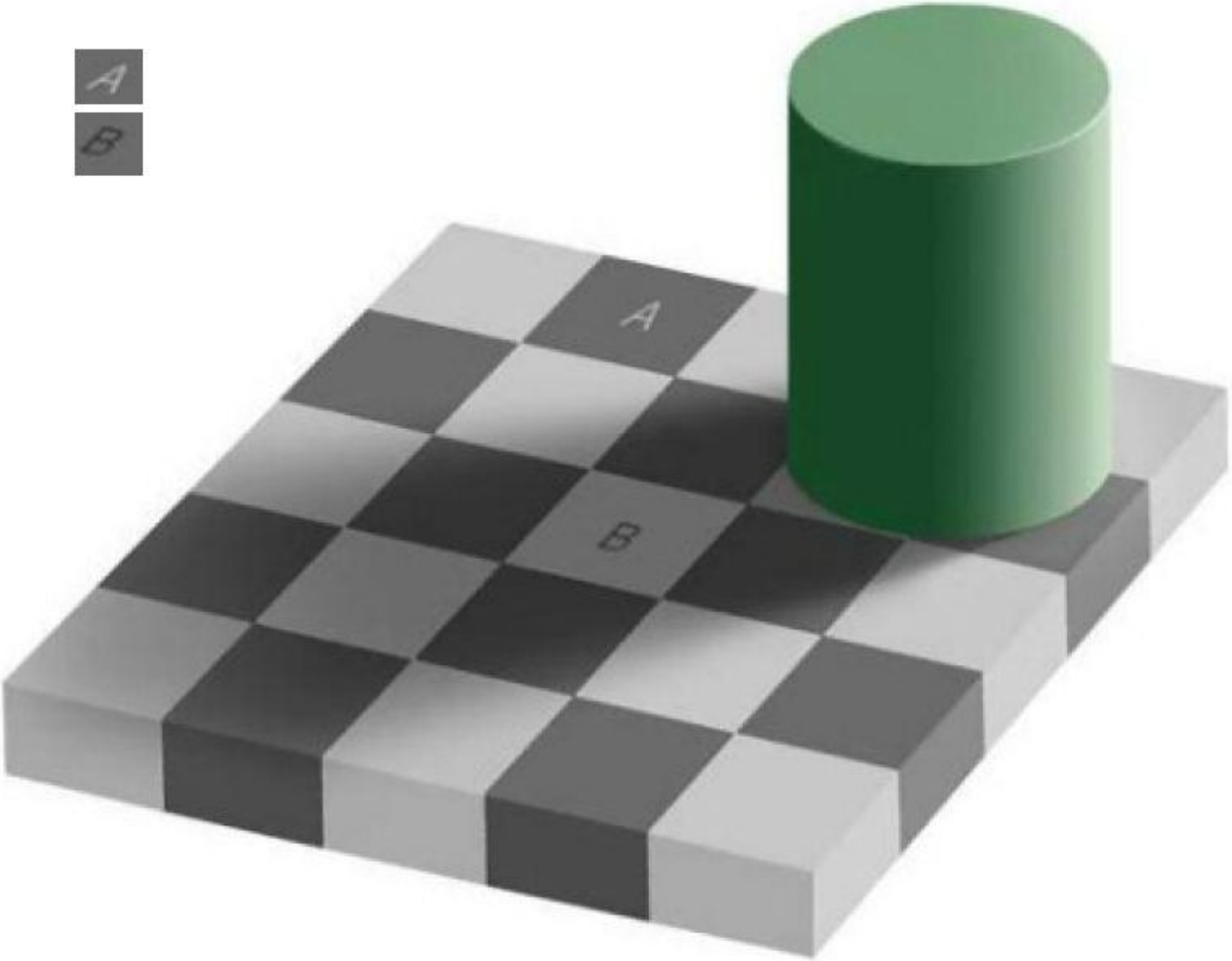
☑True ☐False

- **Fact:** The nervous system can experience pain if it simply perceives potential injury or damage



In the checkershadow illusion, square "A" appears darker than "B". They are the same colour.

Wikimedia Commons: Adrian Pingstone./Edward H Adelson



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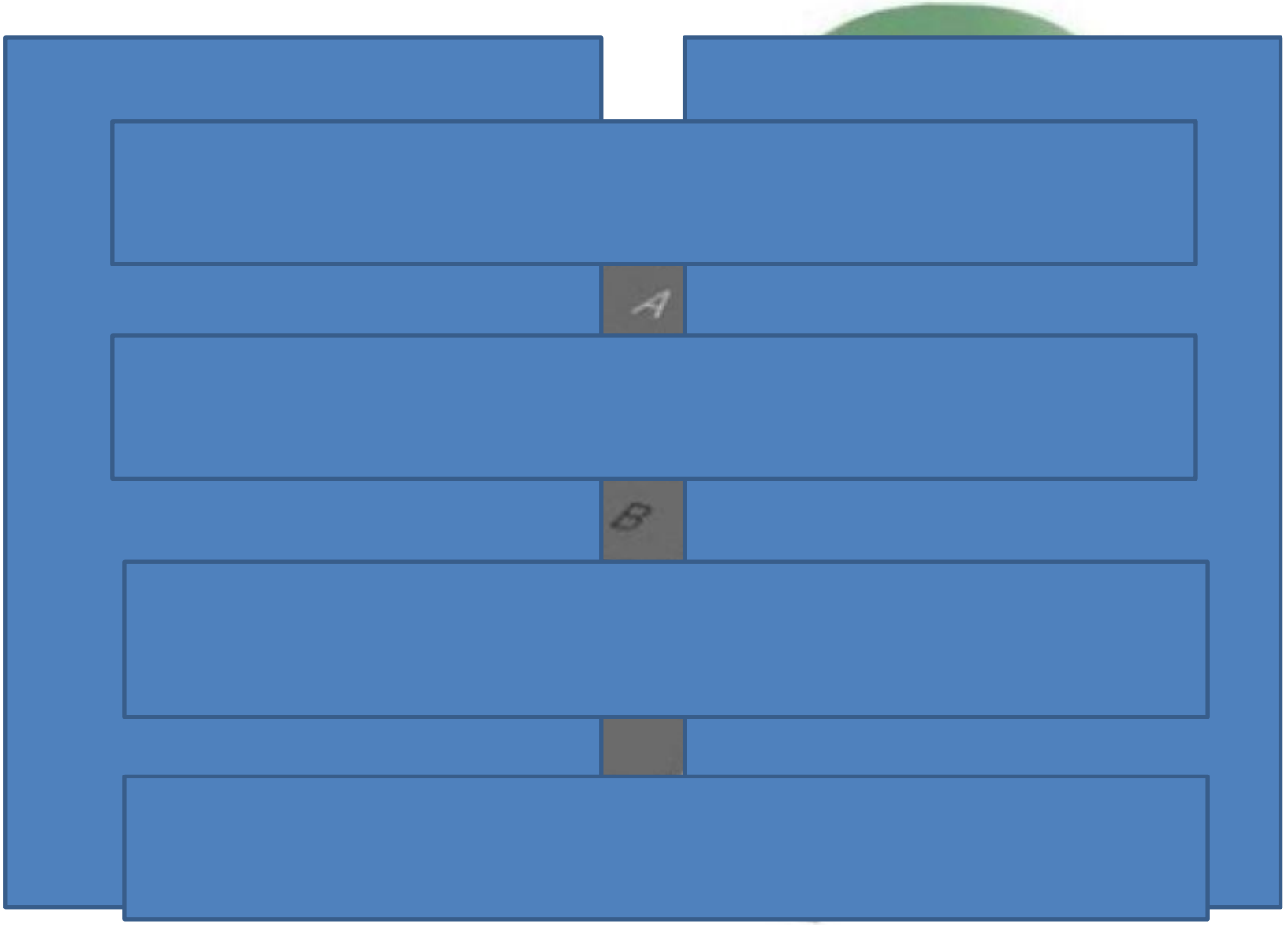

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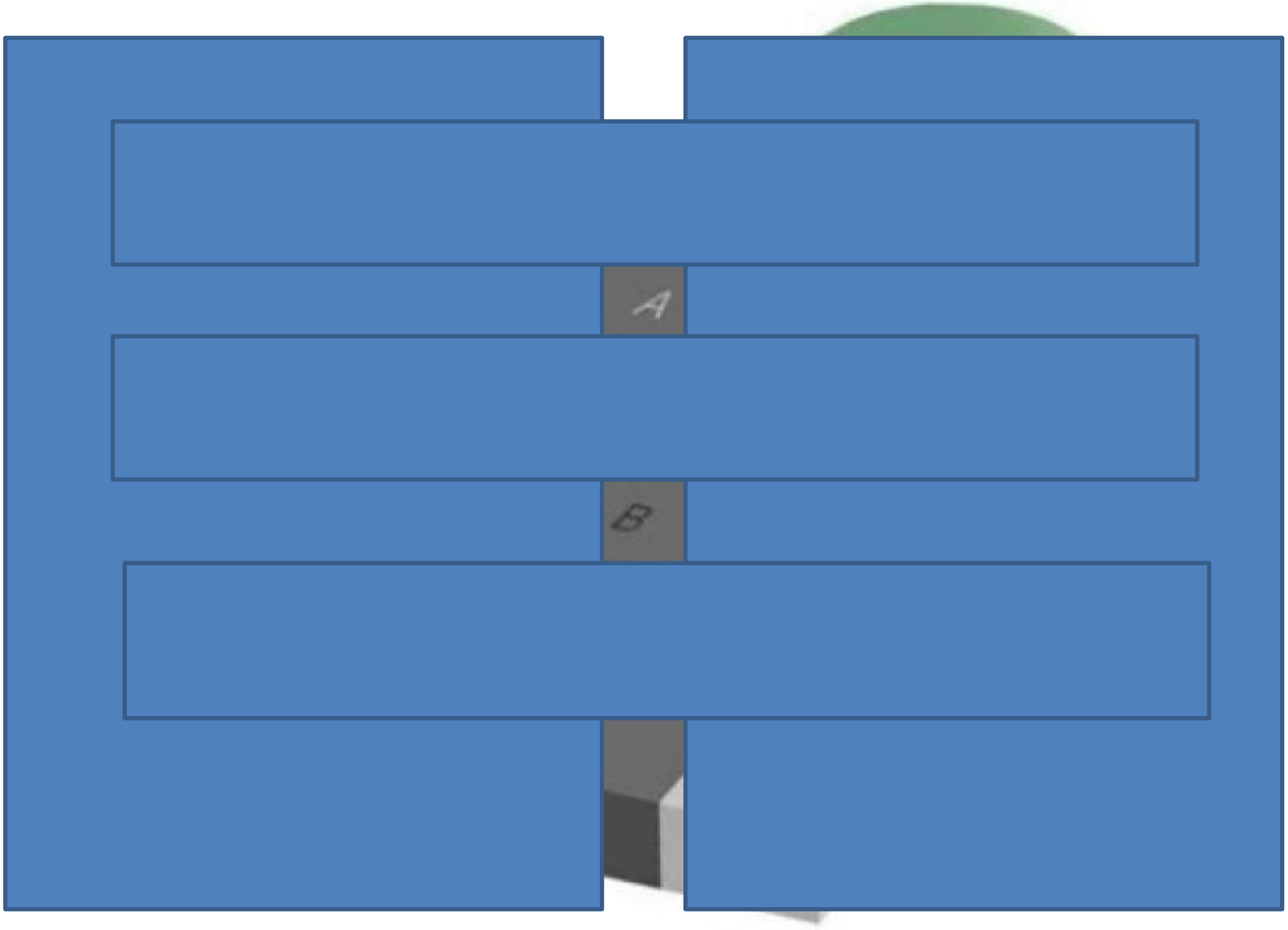

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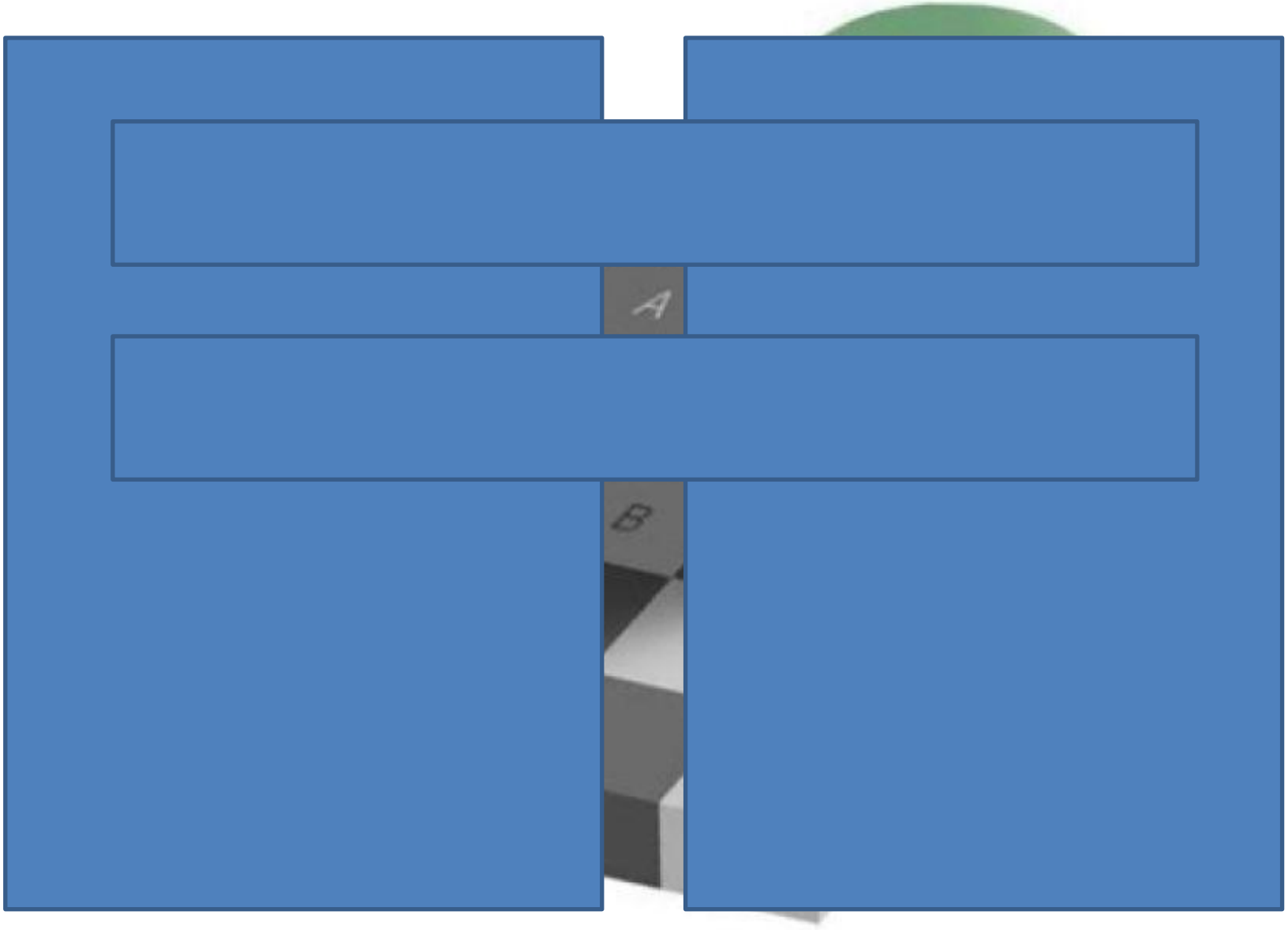

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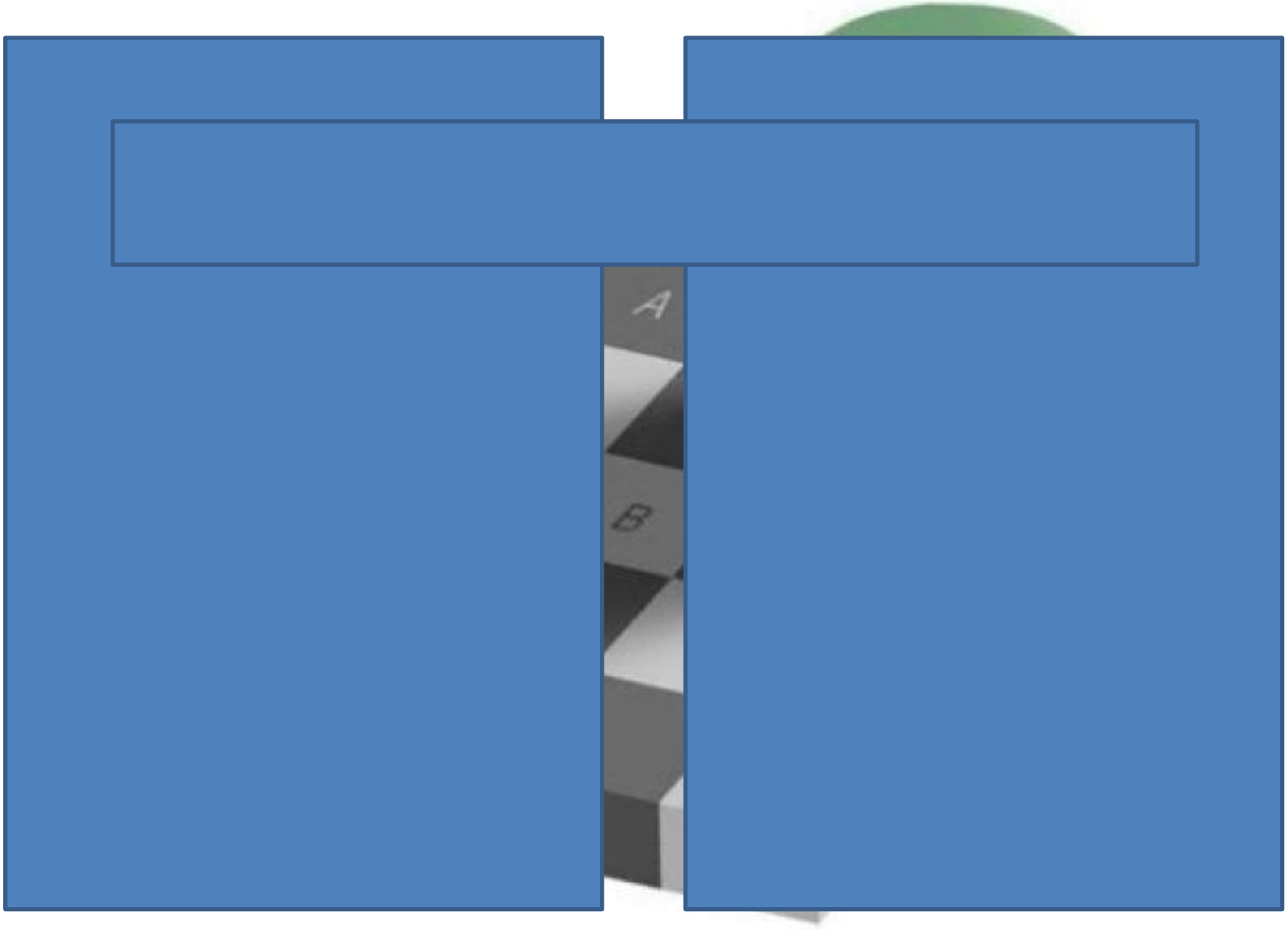

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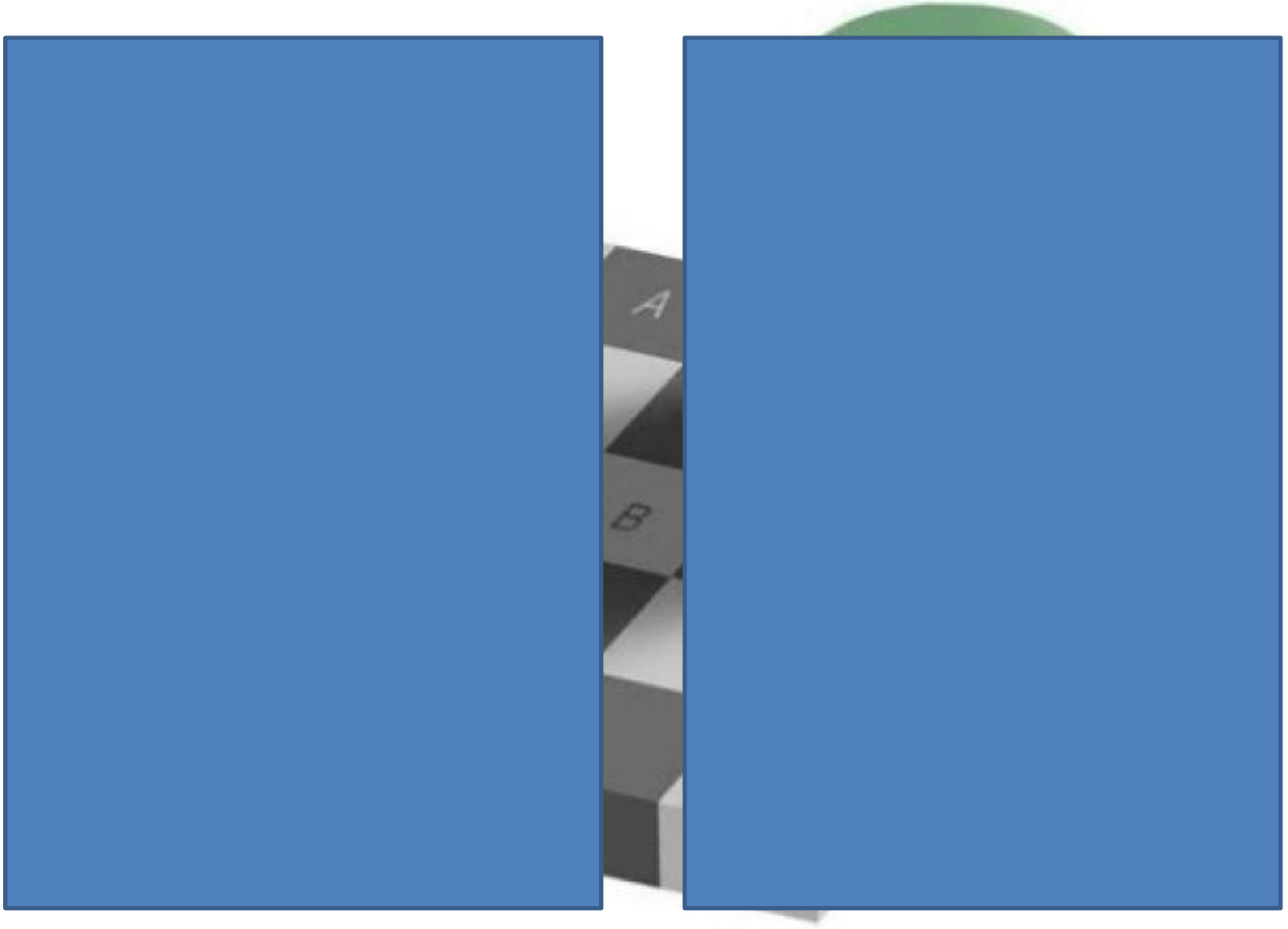

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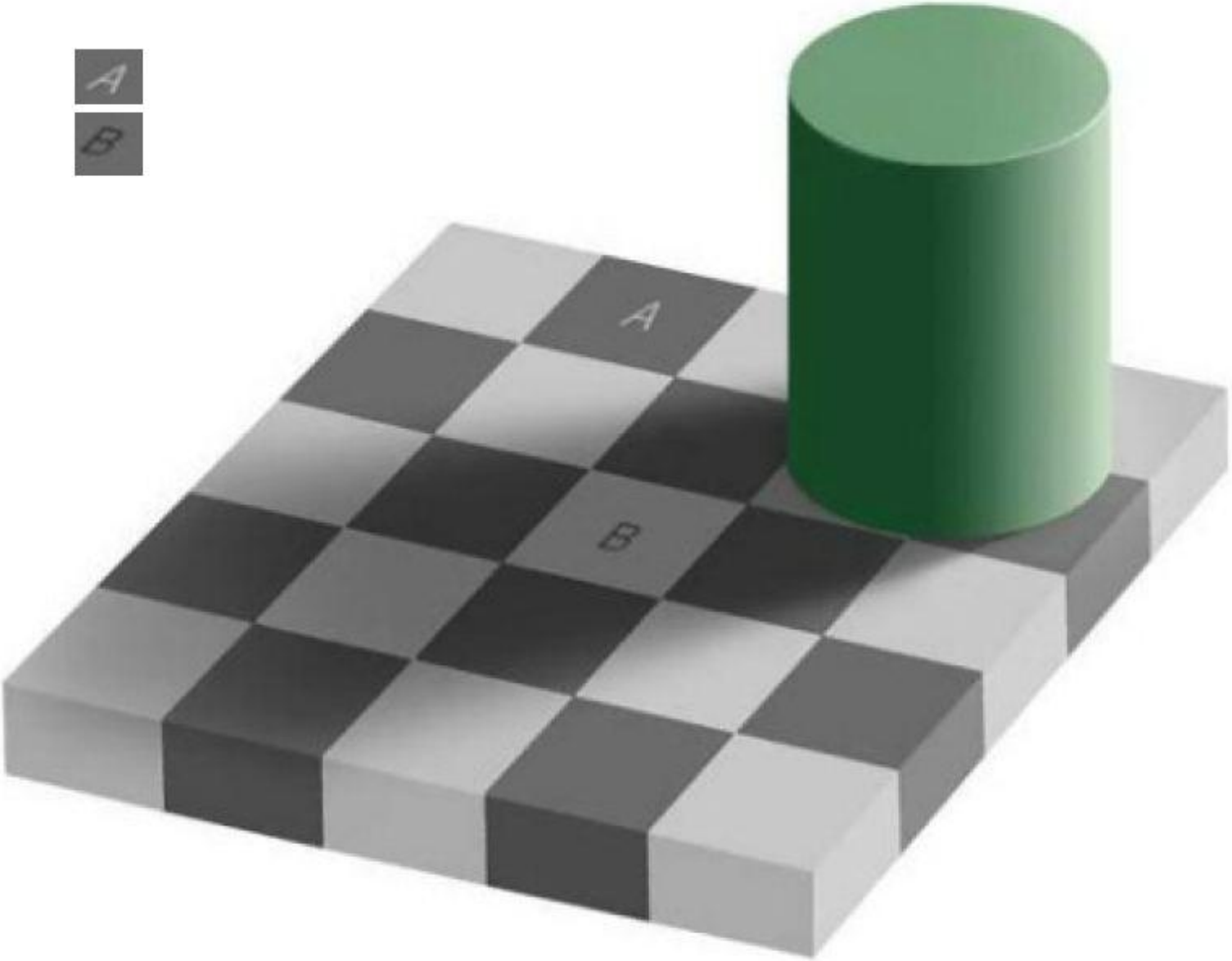

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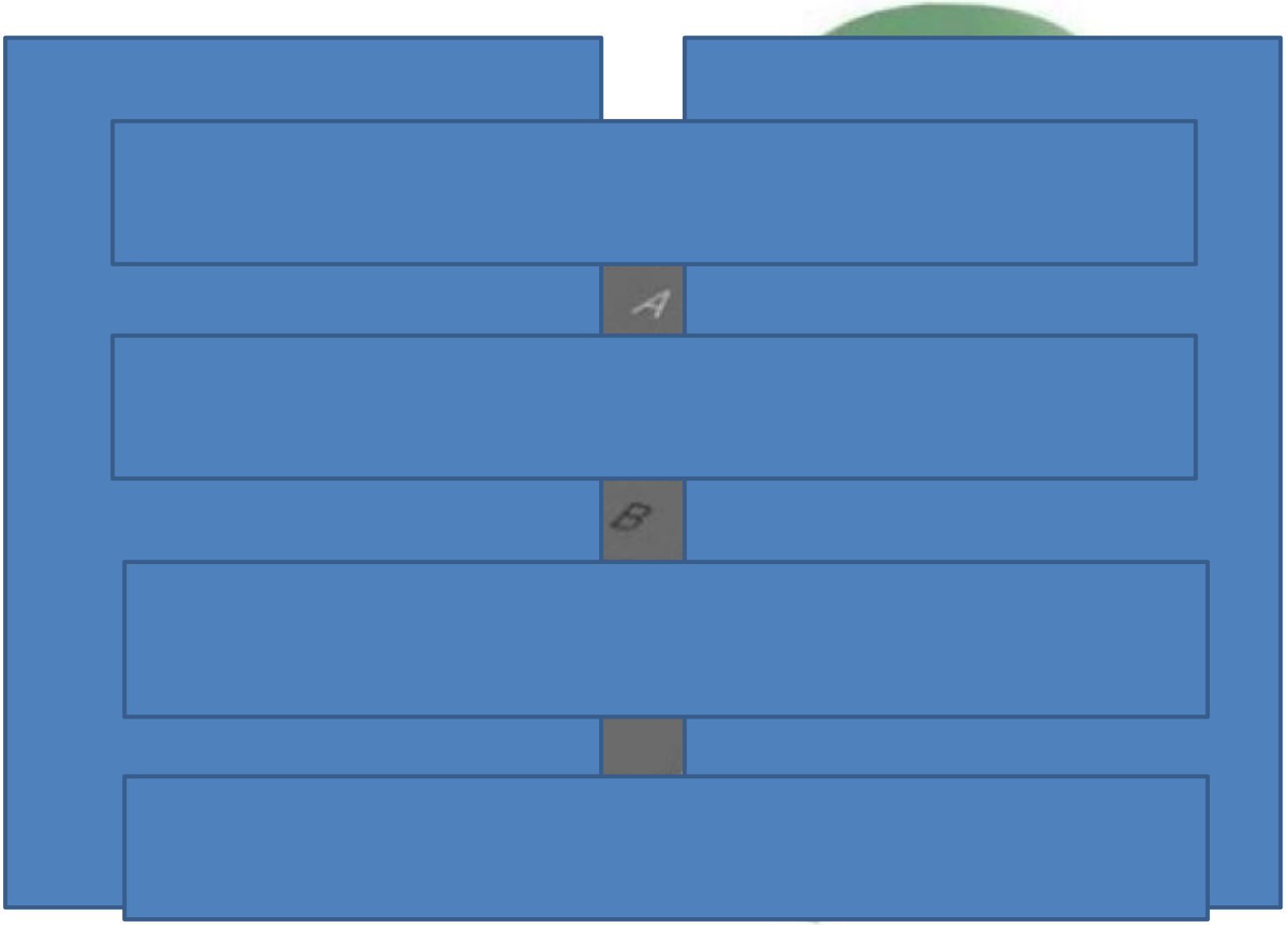

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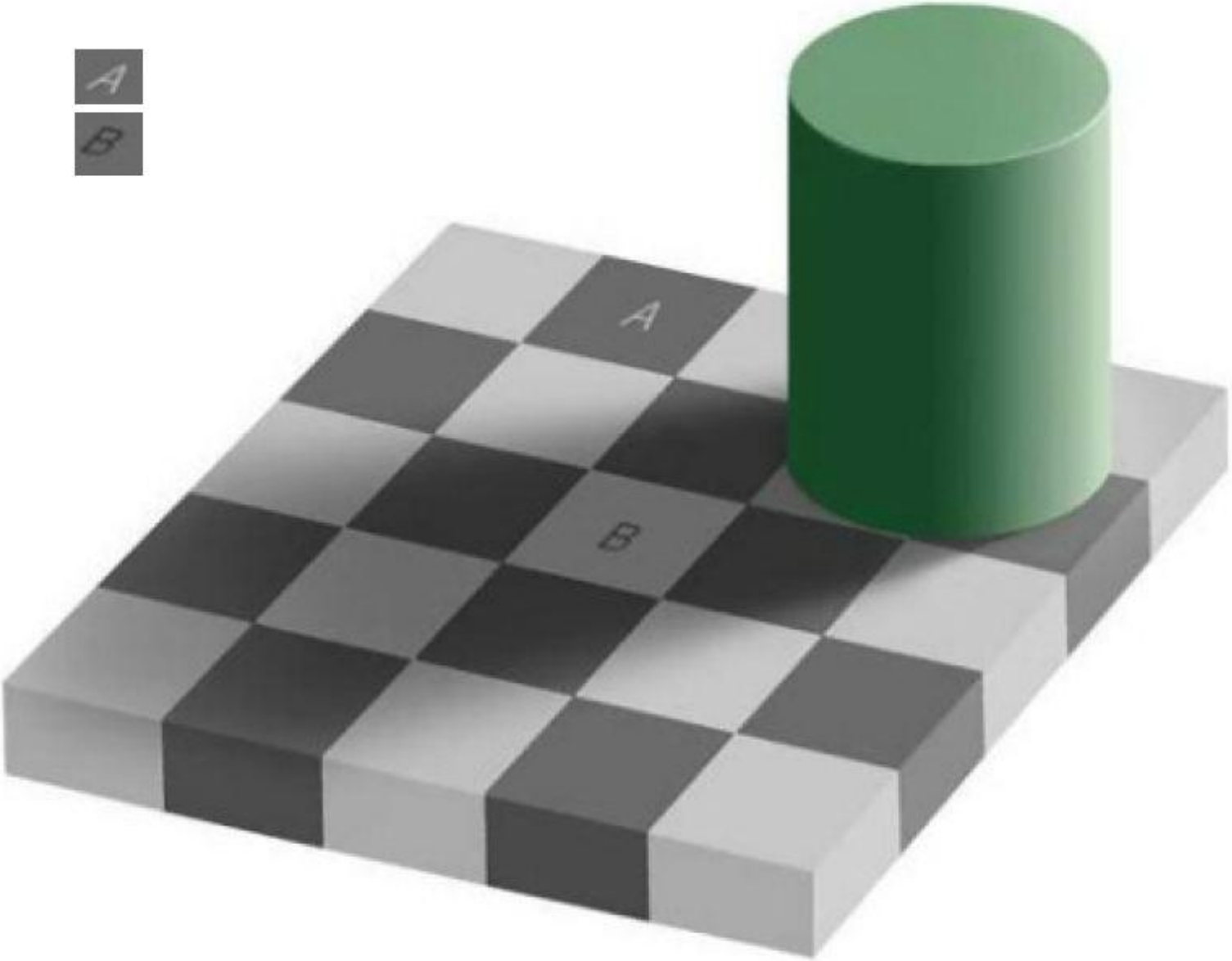

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Q7: Pain is an alarm system that warns the body of actual or perceived danger

☐True ☐False

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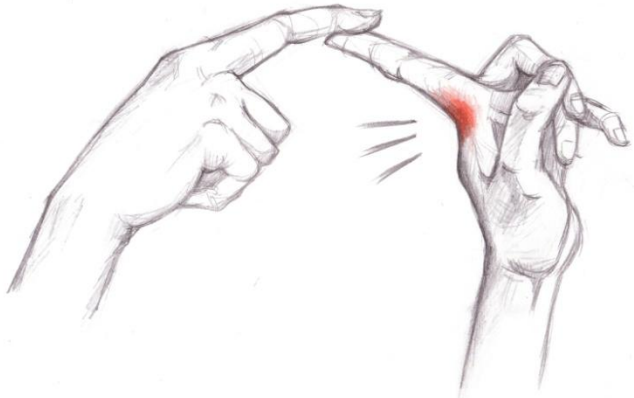
Fact: The nervous system simply has to perceive possible danger and it makes us experience pain.



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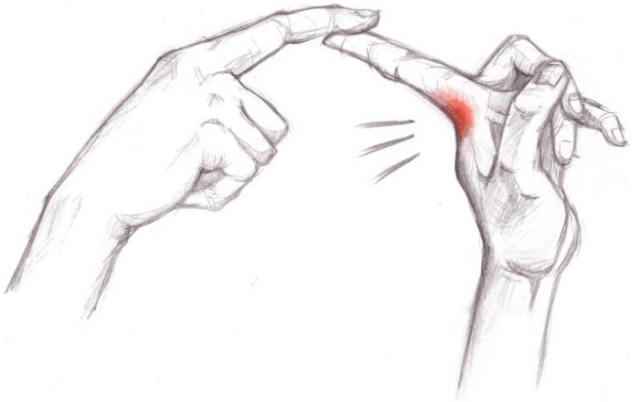
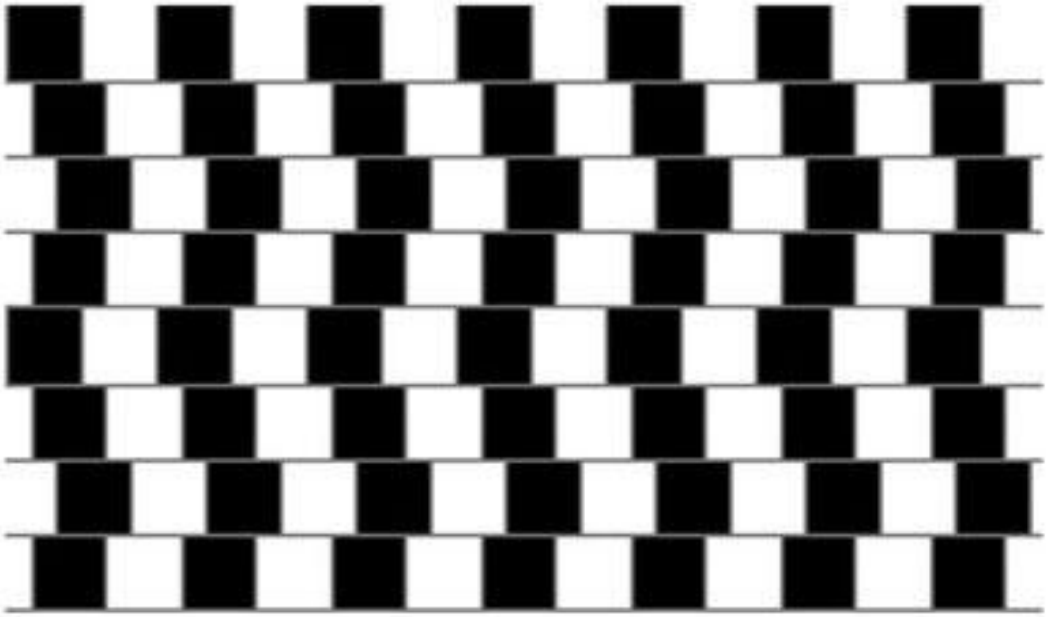


The brain says, *"You idiot, stop doing this or else you'll hurt yourself"*
So the brain has you experience pain in order to have you stop BEFORE you actually hurt yourself.

Q7: Pain is an alarm system that warns the body of actual or perceived danger

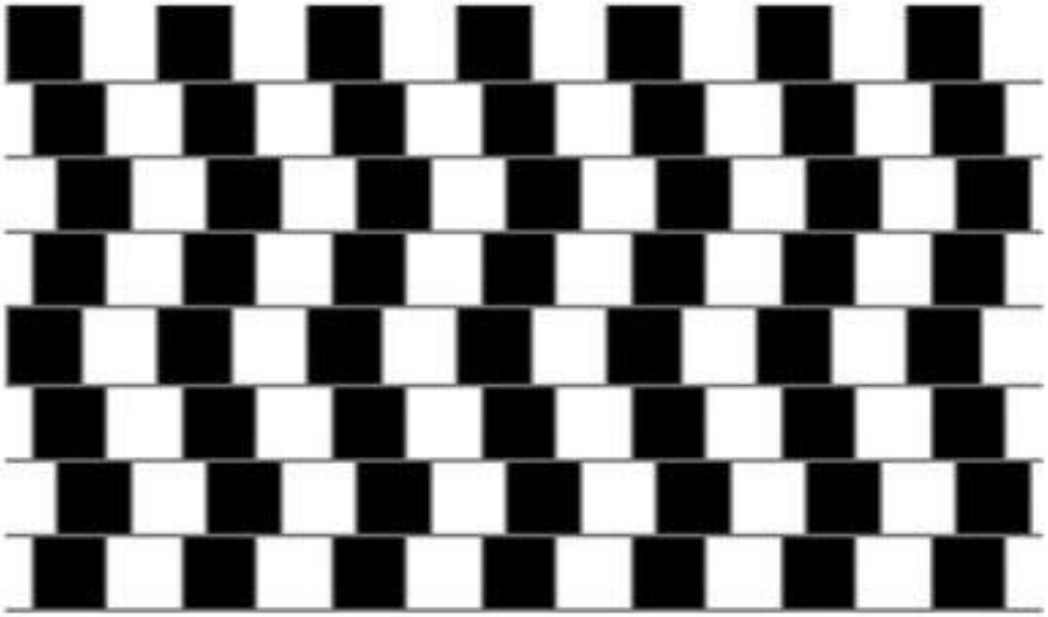
☑True ☐False



Here is another example of how our brains can misinterpret signals. The lines are definitely straight yet even though I have told you this and I can prove it to you; still your brain can not help but perceive the lines as being crooked.

Q7: Pain is an alarm system that warns the body of actual or perceived danger

☑True ☐False



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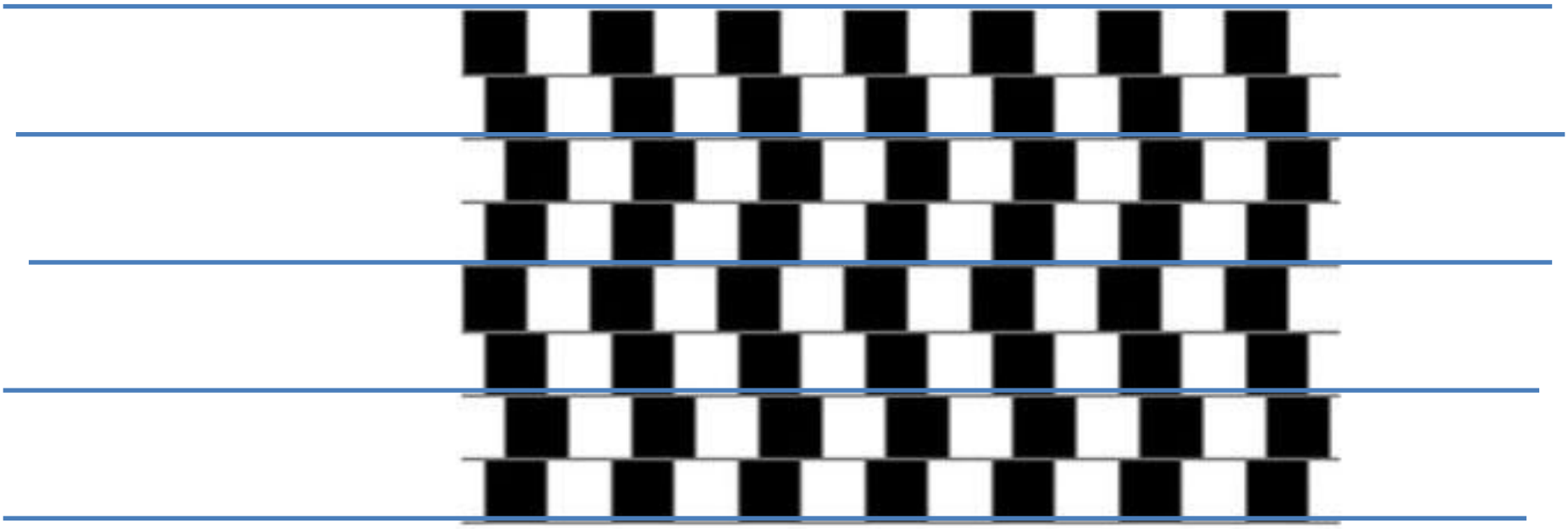

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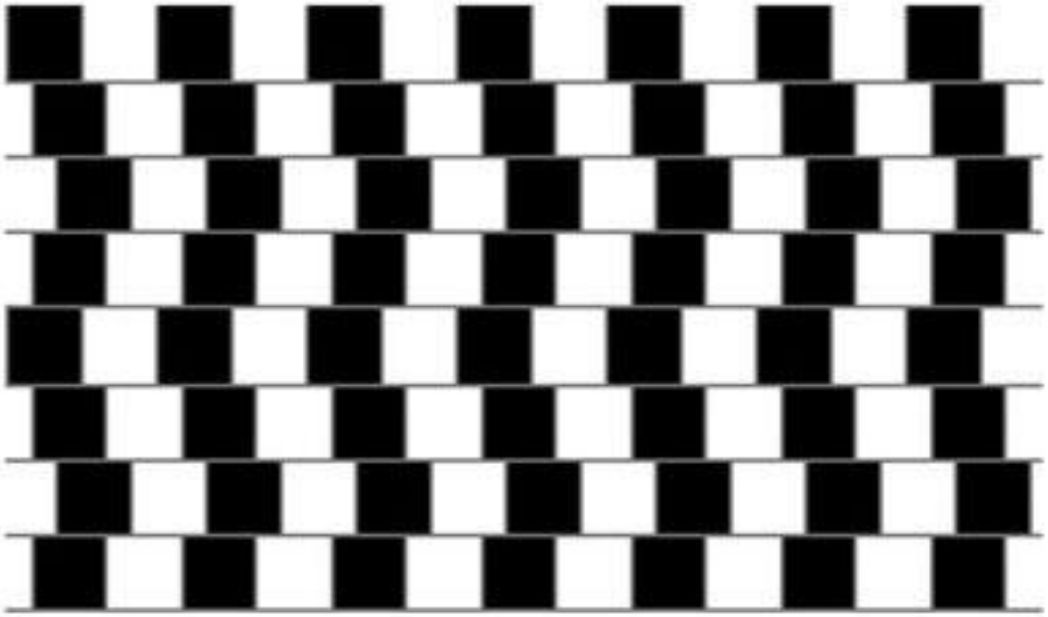
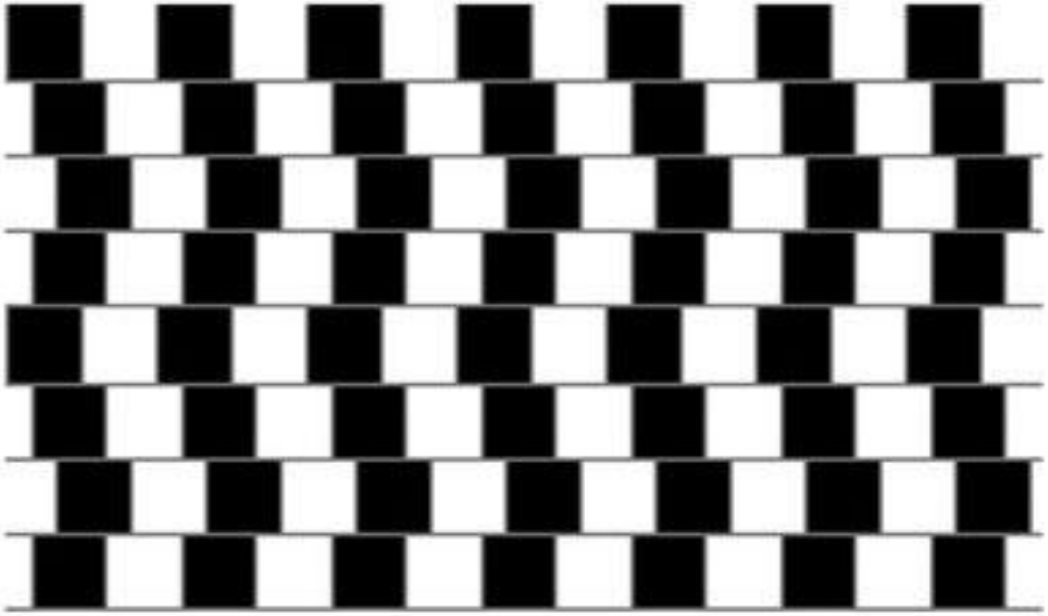


Sometimes our brain stacks up beliefs, experiences and memories in a particular way and automatically perceives our body as being “damaged” or crooked when in fact there is no “damage” and nothing is actually “out of alignment”

Q7: Pain is an alarm system that warns the body of actual or perceived danger

☑True ☐False



If the brain believes the body is still injured, no matter how much you are told otherwise, the pain can persist. (Don't worry there is a way to reprogram the brain)

Q8: All pain is “in the head”
(...in the brain)

☐True ☐False

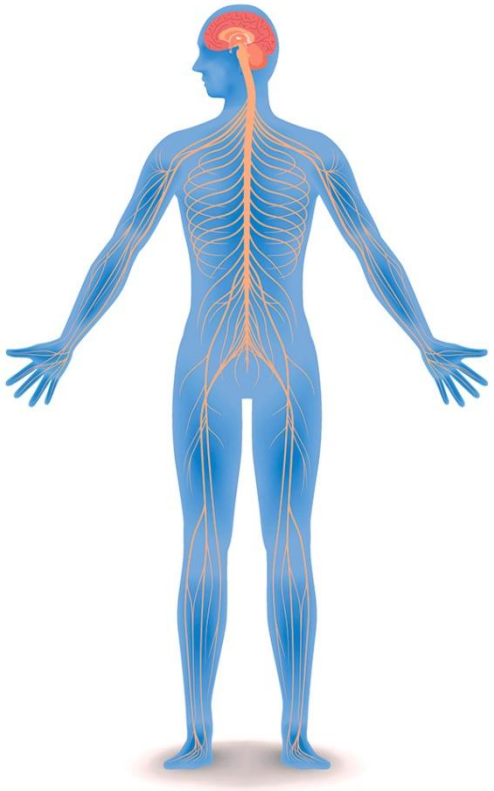
Q8: All pain is “in the head” *(...in the brain)*

☑True ☐False

Q8: All pain is “in the head” *(...in the brain)*

☑True ☐False

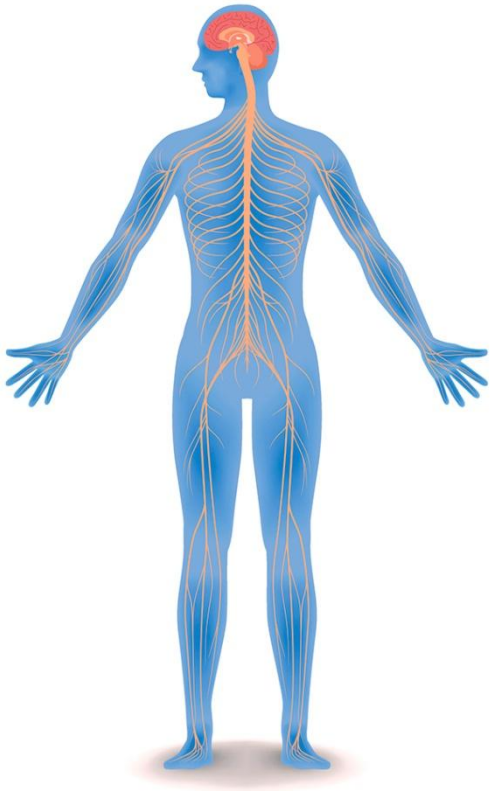
- All pain is experienced in the brain, ...the nervous system and every cell in the body.



Q8: All pain is "in the head" *(...in the brain)*

☑True ☐False

- In fact scientists are now discovering that memories, emotions, and feelings may not just be in the brain; they may also be experienced in the heart and the gut!



Q8: All pain is "in the head" *(...in the brain)*

☑True ☐False

- **Fact:** The skin, muscle, tendons, bones do not and cannot produce pain, they can only produce *"danger"* messages; the brain and the nervous system decide if the *"danger"* messages are worthy of pain.

Q8: All pain is “in the head” *(...in the brain)*

☑True ☐False

- **Fact:** We do not *“see”* with our eyes, our eyes simply allow light to enter; our brain translates all light images and gives them meaning based on our past experiences.

Q8: All pain is "in the head" *(...in the brain)*

☑True ☐False

- **Fact:** We do not *"hear"* with our ears, our ears simply pick up vibrations; our brain translates those vibrations into meaningful words based on our past experiences (i.e. language).

Q8: All pain is “in the head” *(...in the brain)*

☑True ☐False

- We do not feel pain in our body parts, they simply fire *“danger”* messages if they feel threatened; once again our brain translates those messages either into pain or no pain in order to protect us.

Q9: Thoughts and fears can increase blood pressure, breathing, heart rate, muscle tension and spasms

☐True ☐False

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☑True ☐False

Q9: Thoughts and fears can increase blood pressure, breathing, heart rate, muscle tension and spasms

☑True ☐False

Q10: Thoughts and fears can cause or increase swelling / inflammation

☐True ☐False

Q10: Thoughts and fears can cause or increase swelling / inflammation

☑True ☐False

Q11: Just thoughts and fears can actually cause or increase pain

☐True ☐False

Q11: Just thoughts and fears can actually cause or increase pain

☑True ☐False

- Many people with persistent pain report that their pain worsens when they have to deal with their insurance company, workers compensation or their mother-in-law

Q12: 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

☐True ☐False

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☑True ☐False

Q12: 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

☑True ☐False

98%

70%

50%

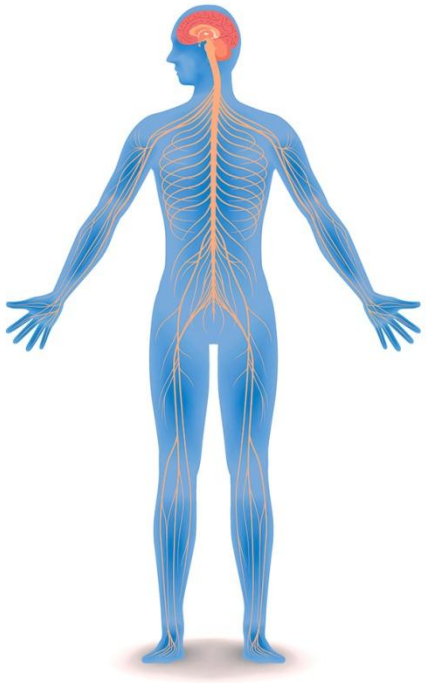
Q13: Increased nervous system hypersensitivity may explain why sometimes pain persists even after injured tissues have healed

☐True ☐False

Q13: Increased nervous system hypersensitivity may explain why sometimes pain persists even after injured tissues have healed

☑True ☐False

- There are now hundreds of medical studies published by pain researchers internationally that support this concept.



Q14: Emotional stresses such as depression, anxiety, fear or anger can increase nervous system hypersensitivity and contribute to persistent pain

☐True ☐False

Q14: Emotional stresses such as depression, anxiety, fear or anger can increase nervous system hypersensitivity and contribute to persistent pain

☑True ☐False

Emotions can increase pain

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

Q15: The spinal cord and the brain can magnify pain as long as the brain believes the body is in danger

☐True ☐False

Q15: The spinal cord and the brain can magnify pain as long as the brain believes the body is in danger

☑True ☐False

Q16: 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

☐True ☐False

Q16: 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

☑True ☐False

Q17: Understanding and truly accepting that pain does not always mean harm is the best way of very gradually returning to normal life activities

☐True ☐False

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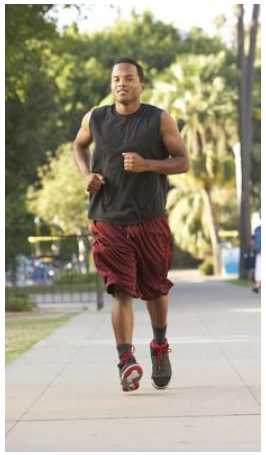
☑True ☐False



Q18: It is impossible to recover from persistent pain without a daily active exercise / movement program

☐True ☐False

Q18: It is impossible to recover from persistent pain without a daily active exercise / movement program

☑True ☐False

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☑True ☐False

- The fact is that nervous system hypersensitivity is often made **worse by prolonged rest**.

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

Q18: It is impossible to recover from persistent pain without a daily active exercise / movement program

☑True ☐False

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. This is referred to as "**neuroplasticity**".

Q19: It is possible to teach the brain to learn how to change pain perception, as the nervous system and the brain are always changing

☐True ☐False

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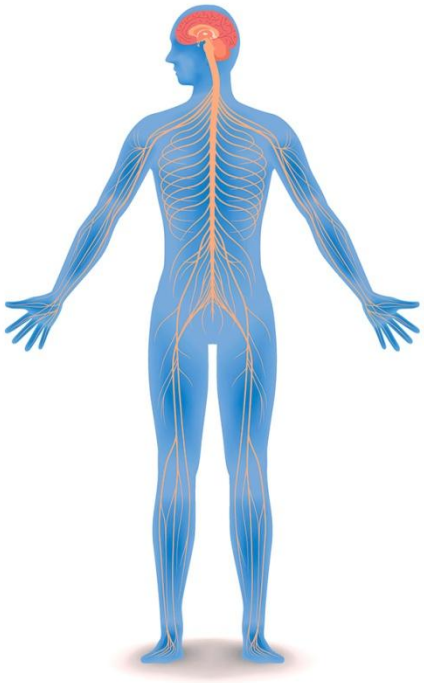
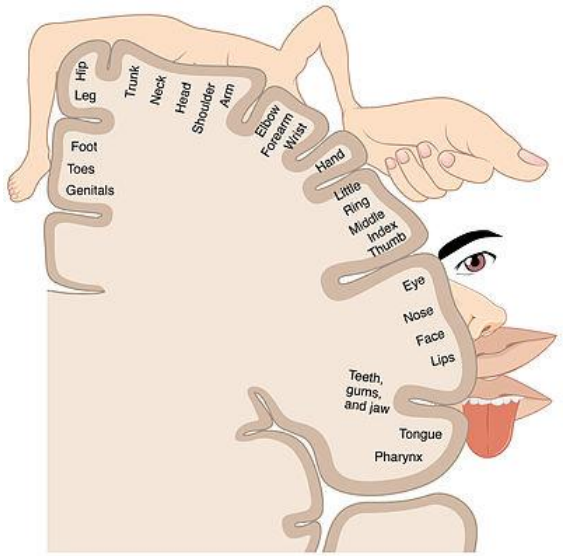
☑True ☐False

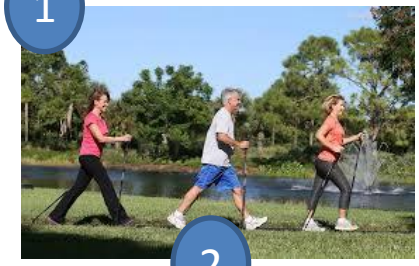




Q20: To reverse pain from hypersensitive nerves, our body needs ample oxygen, water, fresh fruits & vegetables, sleep, vitamin D (sun), joy and pleasure

☐True ☐False

Q20: To reverse pain from hypersensitive nerves, our body needs ample oxygen[1], water[2], fresh fruits & vegetables[3], sleep[4], vitamin D (sun)[5], joy and pleasure[6]



☑True ☐False

1 2 3 4 5 6

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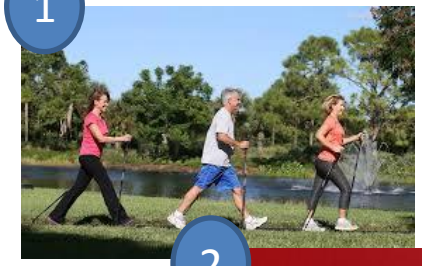
1



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3

☑True ☐False

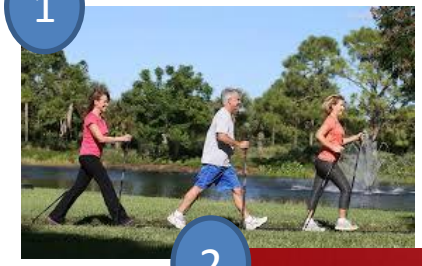
4

5

6

Q20: To reverse pain from hypersensitive nerves, our body needs ample oxygen[1], water[2], fresh fruits & vegetables[3], sleep[4], vitamin D (sun)[5], joy and pleasure[6]

1



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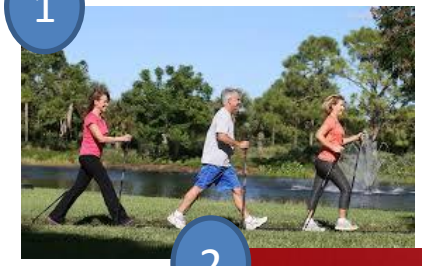

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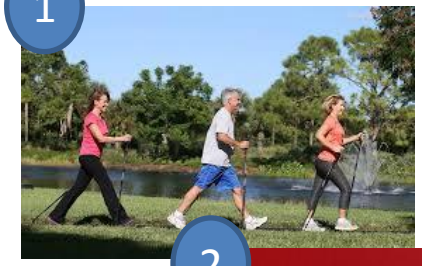

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4

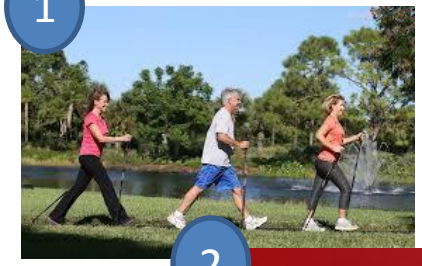
5

6

Q20: To reverse pain from hypersensitive nerves, our body needs ample oxygen[1], water[2], fresh fruits & vegetables[3], sleep[4], vitamin D (sun)[5], joy and pleasure[6]

☑True ☐False

1



2

3

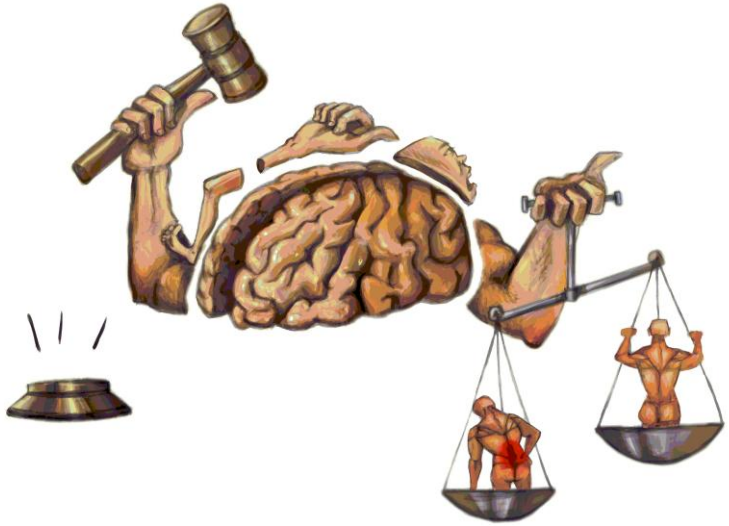
4

5

6

The Pain Truth

... & Nothing but!



Did you get 20/20 in the quiz?

If not, simply view this video again!

If you found this Pain Truth Quiz valuable, please continue to view the ***The Pain Truth and Nothing But*** videos on Youtube.