

The book was found

# Understanding Pain Anatomical Chart

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

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

**1** Injury occurs in the body.

## Understanding Pain

**What Is Pain?**  
Pain is an unpleasant sensation resulting from varying degrees of stimuli associated with tissue damage or potential damage.

### 2 Types of Pain

#### 1. ACUTE PAIN

Occurs as a result of injury to the body and generally disappears when the physical injury heals. Acute pain is related to tissue injury. It usually is associated with acute pain.

**Causes include:**

- Trauma
- Burns
- Cuts
- Lacerations
- Labor and delivery

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

- Sharp
- Burning
- Stinging
- Itching
- Pricking

#### 2. CHRONIC (PERSISTENT) PAIN

Lasts beyond the normal healing period - usually at least 12 weeks. The pain may be mechanical and repeat. There may be an injury on x-rays or scans to indicate the source of the pain. Some chronic pain may be generated by lower brain dysfunction in association with chronic pain.

**Neuropathic chronic pain** is a type of pain that is caused by injury to the nerves. Factors include diabetes or having shingles, osteoarthritis, or burning sensation. Neuropathic pain is called nerve pain.

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

- Diabetic neuropathy - nerve damage as a result of high blood sugar
- Postherpetic neuralgia - pain from shingles after the illness has healed
- SCI (SCL) - pain from the spinal chord or the damage to the spinal chord
- Poststroke neuropathic pain - pain in legs, usually starting months after stroke without signs of stroke or infection. The pain may be described as numb and the skin feels like ants.

**Symptoms:**

- Prickling feeling
- Stinging sensation
- Electric shocks or "pins and needles" feel
- Burning
- Itching
- Tingling
- Sharp pain

#### Non-neuropathic chronic pain

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

**The most common types include:**

- Low back pain in the lower back from muscle, ligament, tendon, or cartilage injury
- Osteoarthritis - arthritis involving the wear and tear of the joint and not the cartilage
- Rheumatoid arthritis - an autoimmune disorder involving pain, swelling, and inflammation of the joints

**Symptoms:** Usually localized pain (patient may not be able to point to site of pain).

- Aching
- Stinging
- Deep aching

#### Unknown

There are many common chronic pain conditions that are neither known to be neuropathic nor non-neuropathic.

**Some include:**

- Fibromyalgia syndrome - diffuse body pain with tenderness to the muscles
- Chronic fatigue syndrome - persistent fatigue lasting more than 6 weeks with other symptoms
- Myofascial pain syndrome - muscle pain that persists for hours to days with tension and is often associated with trigger points (TTP) - additional pain with sleeping, stretching, and non-specific white flashing with lightning
- Tension headache pain - head pain that is not associated with injury and not related to trauma cases

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

#### Treatment

Specific treatment options need to be tailored to the individual patient. The use of research with pain medicine professionals to determine the right treatment for you.

**Prevention strategies:**

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

### Where do you Feel Pain?

Head  
Neck  
Chest  
Upper back  
Lower back  
Hip  
Knee  
Ankle

### 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

© 2008 Elsevier Health Sciences. All rights reserved. All trademarks are the property of their respective owners. Reproduction in whole or in part is prohibited without written permission from Elsevier Health Sciences.



## 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

English. Made in USA Available in the following versions: 20" x 26" heavy weight paper laminated with grommets at top corners ISBN 9781587799846 20" x 26"

heavy

weight paper ISBN 9781587799839 20" x 26" heavy weight paper laminated with grommets at top corners Spanish ISBN 9780781782296 20" x 26" heavy weight paper Spanish ISBN 9780781782289

Spanish ISBN 9780781782296 20" x 26" heavy weight paper laminated with grommets at top corners

Spanish ISBN 9780781782289

Spanish ISBN 9780781782289

9780781782289

## Book Information

Wall Chart

Publisher: ACC; 1 Wal Chrt edition (November 1, 2006)

Language: English

ISBN-10: 1587799839

ISBN-13: 978-1587799839

Product Dimensions: 20 x 26 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars See all reviews (6 customer reviews)

Best Sellers Rank: #256,504 in Books (See Top 100 in Books) #48 in Industrial & Scientific >

Science Education > Charts & Posters #54 in Books > Textbooks > Medicine & Health Sciences

> Medicine > Clinical > Pain Medicine #65 in Books > Textbooks > Medicine & Health Sciences >

Nursing > Clinical > Nurse & Patient

## Customer Reviews

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

[Download to continue reading...](#)

Understanding Pain Anatomical Chart Anatomy and Pathology: The World's Best Anatomical Charts (The World's Best Anatomical Chart Series) Alfred's Ukulele Chord Chart: A Chart of All the Basic Chords in Every Key, Chart Understanding Cholesterol Anatomical Chart Understanding Type 2 Diabetes Anatomical Chart The Skeletal System Anatomical Chart Anatomical Chart Company's Illustrated Pocket Anatomy: The Vertebral Column & Spine Disorders Study Guide Foot and Ankle Anatomical Chart Hip and Knee Anatomical Chart Chart Hits of 2013-2014 (Piano/Vocal/Guitar Songbook) (Chart Hits of Piano Vocal Guitar) Chart Hits of 2015-2016 (Chart Hits of Piano Vocal Guitar) Chart Hits of 2014-2015 (Chart Hits of Piano Vocal Guitar) Wall & Melzack's Textbook of Pain: Expert Consult - Online and Print, 6e (Wall and Melzack's Textbook of Pain) Bonica's Management of Pain (Fishman, Bonica's Pain Management) Pain Relief: Manage and Eliminate Pain, Accelerate Recovery, and Feel Better You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program Astrology: Understanding the Birth Chart Fibromyalgia: The complete guide to fibromyalgia, understanding fibromyalgia, and reducing pain and symptoms of fibromyalgia with simple treatment methods! Understanding Pain: An Introduction for Patients and Caregivers ART of the HEART and other Anatomical Structures: A Human Anatomy Coloring Book

[Dmca](#)