

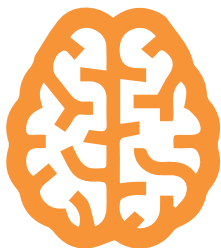
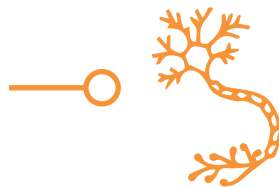


How does **pain** work?



○ The pain system is made up of several components that work together to help us watch out for possible danger and take action.

Specialist nerve endings constantly send information up the spinal cord to the pain centre in the brain.



○ The pain centre looks at this information looking for signs of possible danger.

○ Past experience, current situation and possible consequences all help to decide how much danger, how much pain and how the body should react.



○ The pain system takes action by tightening muscles, increasing awareness and focusing our attention with the unpleasant and persistent sensation of pain.

○ The pain system is able to learn and adapt but does not always get things right and sometimes overreacts, this is why sometimes pain can occur or increase even in the absence of danger.

Reducing over sensitivity of the pain centre could be included in your back pain recovery plan