

Pain Explanation and Treatment Diagram

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What are Your “Pain Risk Factors”?

Name: _____

Date: _____

Chart No.: _____

Habits



- ☐ Smoking
- ☐ Alcohol
- ☐ Diet

Treatment

1. _____
2. _____

Sleep



- ☐ Poor
- ☐ Not refreshing
- ☐ Good

Treatment

1. _____
2. _____

Exercise



- ☐ Not enough
- ☐ Too much
- ☐ Just right

Treatment

1. _____
2. _____

Ergonomics



“Machine–body connection”

1. _____
2. _____

Treatment

1. _____
2. _____

Other things that can affect, worsen or aggravate painful conditions — in anyone:

1. Life in general
2. Financial problems
3. Stress/anger/fear/nightmares
4. History of physical abuse
5. History of sexual abuse
6. Alcoholism (you or your family)
7. _____
8. _____

Treatment

1. _____
2. _____

Diagnosis

What I DO think your problem(s) is/are:

1. _____
2. _____
3. _____
4. _____

What I DON'T think your problem(s) is/are:

- ☐ Bones
- ☐ Nerves
- ☐ Joints

How can stress affect, worsen, aggravate or cause pain? What is the “mind–body connection”?

1. Adrenaline is squeezed into your bloodstream, your heart rate increases, your muscles tense up, and you sweat more. Your pain then increases and becomes more intense.
2. When you are injured, any stress that you feel can make the injury and pain worse.
3. Relieving stress may relieve pain.