Pain Explanation and Treatment Diagram

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What are Your "Pain Risk Factors"?

Name:	
Date:	
Chart No.:	

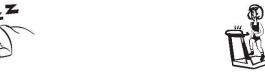
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□ Not refreshing □ Good

Treatment

Exercise Sleep



□ Not enough

☐ Too much ☐ Just right

Treatment

Ergonomics



"Machine-body connection"

1. _____

Treatment

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

1. Life in general

Smoking

Alcohol

Diet

Treatment

- 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. _____

connection"?

Treatment

1.		
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Diagnosis

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

1._____

2.____

3._____

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

- 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.