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Sent: Wednesday, 17 April 2013 12:45 PM
To: Steve
Subject: PHYSIO4ALL E-News: Explaining Pain

We answer the common questions about Pain!! PLUS
Special Offer - 20% OFF Fit-Bioceuticals Pure EPA Max
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PHYSIO4ALL E-News

Explaining Pain

No one likes to have pain - this email aims to answer some common questions about pain.

- [Why do we experience pain?](#)
- [Does everyone experience pain differently?](#)
- [Is pain related to tissue damage?](#)
- [How do you fix it? - Modern Management Models](#)
- [YouTube Video](#)
- [Special Offer!](#)

Why do we experience pain?

- Pain is the body's **alarm system** that alerts you to danger and protects you. It is an essential part of life and makes you move differently, think differently and behave differently, which also makes it vital for



healing.

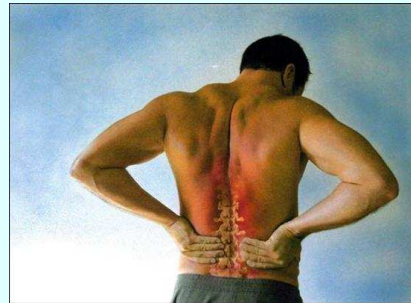
- This alarm system has **sensors** scattered all over the body which picks up **messages** that are sent to the brain.
- The brain processes these messages and, if it concludes you are in danger and need to take action, it will produce pain.

Everyone experiences pain differently

- Messages evaluated by your brain involves complex memory, reasoning and emotional processes
- Age, gender, culture all influence how we experience pain.

PAIN experience does not necessarily relate to the amount of tissue damage

- Tissue damage causes inflammation, which directly activates danger sensors and makes neurones more sensitive. All tissues will heal and the time taken depends on the demands of the tissue involved and the blood supply available.
- When pain persists, the danger alarm system becomes more **sensitive**.
- **Sensitisation** means the brain is being told that there is more danger at the tissues than there actually is.
- Thoughts and beliefs become more involved and start contributing to the problem. Any increase in adrenaline and changed cortisol levels from increased stress will sensitise the alarm system, reduce healing and can increase the sensation of pain



Modern Management Models

1. Make sure that any injury or disease which requires urgent medical attention is dealt with. All ongoing pain states require a medical examination.
2. Make sure any prescribed help makes sense to you and to the understanding of your problem.
3. Have ALL your questions answered satisfactorily.
4. Avoid total dependence on any practitioner. YOU must take control.



could be physical, social and work goals which allow some quantifiable way of measuring progress.



Chronic inflammation will sensitise the alarm system and create an ongoing cycle of pain. Natural remedies such as Fish Oil and Magnesium may help to break up with ongoing cycle.

Current research strongly supports the use of exercise to help manage chronic pain. Group exercise is even better and therefore we strongly recommend our Clinical Pilates Program. Speak to our physiotherapists about a specific exercise program to help with your pain. Give us a call on 9922 2212!



Check out our YouTube video series on one of the Pilates Exercises for Core Stability:

[Physiotherapy North Sydney: Pilates Exercise for Core Stability No.1](#)

PHYSIO4ALL ANNOUNCEMENTS

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