

Important Facts and Research in under 60 seconds

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## Chronic Pain: Simply a FAULTY software program?

newer research is showing that traditional approaches to pain might be neglecting other important factors

Chronic pain usually starts out due to some sort of injury or illness that triggers a cascade of inflammatory responses that eventually get written into 'the code' of your nervous system. That new code can simulate pain even when the injury has healed. Researchers are now starting to discover that in addition to biological factors (the injury or illness), neurological and psychological factors also play a significant role.

**The Mind-Pain Connection:** Our psychological state significantly influences how we perceive and cope with pain. Emotional stress, anxiety, and depression can heighten pain sensitivity, while positive emotions and effective coping strategies may alleviate it.

**Neuroplasticity and Pain:** In the complex realm of the nervous system, chronic pain can lead to neuroplastic changes. Persistent pain rewires neural circuits, creating maladaptive patterns. This neuroplasticity makes the pain more entrenched over time, challenging to break free from traditional treatments.

**Treatment Paradigm Shift:** Recognizing the interplay between biological, psychological, and neurological dimensions is revolutionizing pain management. Combining pharmaceutical interventions, physical therapy, diet, sleep, meditation and cognitive-behavioral approaches yield better outcomes.

Check out our weekly podcast hosted by Brian Harmon, PT, MBA and Jo Alch, RN with Joy Care Management.



A show on all things Senior Care with important topics and guests to help improve the health and quality of life of seniors.

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