



ACUTE PAIN VS CHRONIC PAIN

ACUTE PAIN

This type of pain is experienced by most people, almost every day.

- It lets us know that there is something wrong with our body.
- It tells us that our body has been injured.
- It focuses our attention on the area of the body where we are feeling pain.
- It is a useful and helpful message.



From the time that we are young children, we learn that the best way to react to everyday pain is to rest, protect the injury, and to not use this part of the body. When we are injured, this usually helps the injury to heal better and faster.

CHRONIC PAIN

This type of pain is experienced by many people at some time in their lives.

- It can happen after a disease, an injury, sometimes after a minor problem, and can also develop for no obvious medical reason.
- It often continues to bother a person long after an injury or illness has healed.
- It is often a useless and unhelpful message (like a false alarm).



When people live with chronic pain they may notice the following changes in their lives:

- Their sleep is very poor.
- They feel immobilized by their pain.
- Their activities are controlled by their level of pain.
- They worry more and have more stress in their lives.
- They feel more irritable, depressed and hopeless.
- They observe new pain and problems in other areas of their body more than before.

