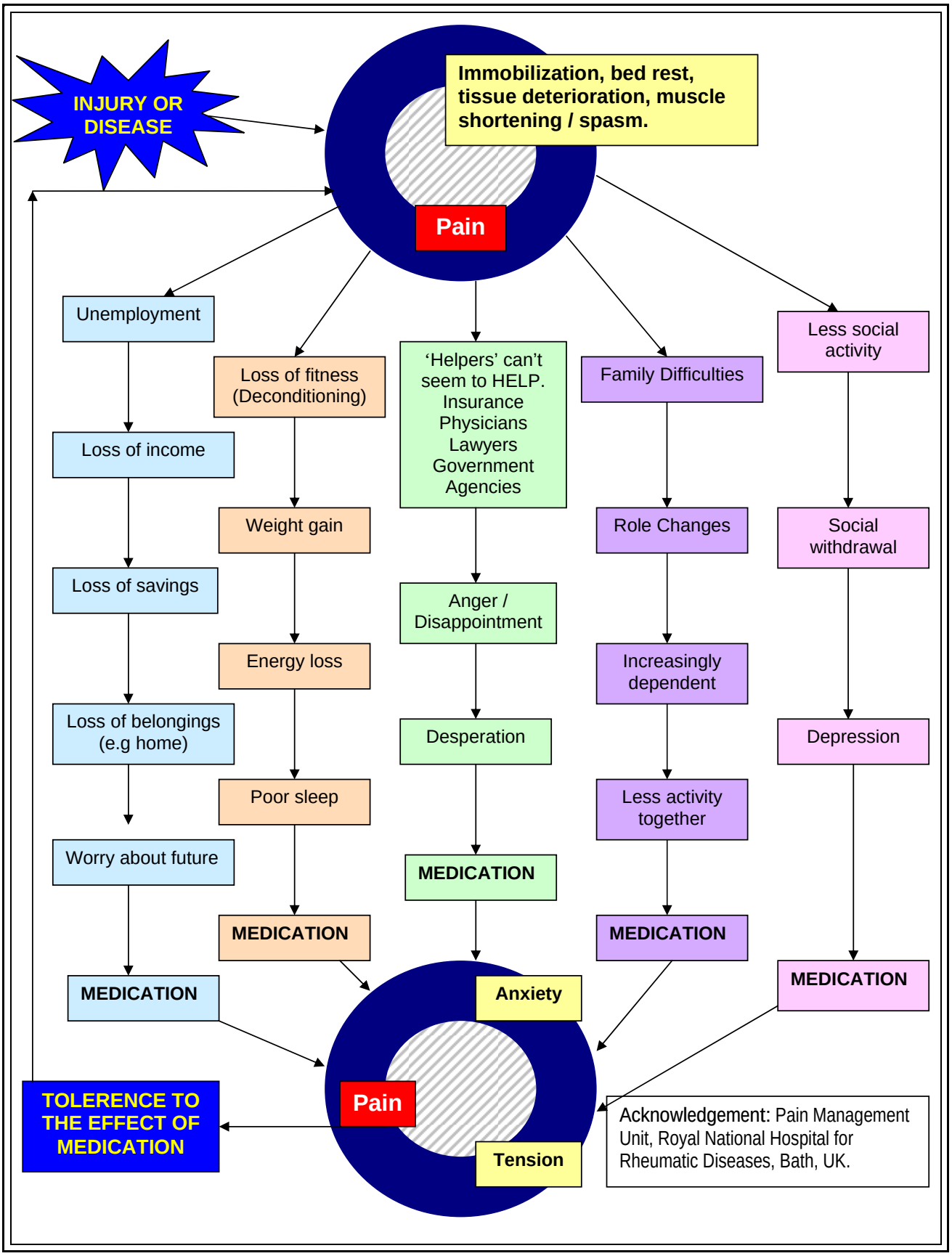
INJURY OR DISEASE
Immobilization, bed rest, tissue deterioration, muscle shortening / spasm.
Pain
Unemployment
Loss of income
Loss of savings
Loss of belongings (e.g home)
Worry about future
MEDICATION
Loss of fitness (Deconditioning)
Weight gain
Energy loss
Poor sleep
MEDICATION
'Helpers' can't seem to HELP.
Insurance
Physicians
Lawyers
Government
Agencies
Anger / Disappointment
Desperation
MEDICATION
Family Difficulties
Role Changes
Increasingly dependent
Less activity together
MEDICATION
Less social activity
Social withdrawal
Depression
MEDICATION
Anxiety
Pain
Tension
TOLERENCE TO THE EFFECT OF MEDICATION
Acknowledgement: Pain Management Unit, Royal National Hospital for Rheumatic Diseases, Bath, UK.