

When Symptoms Cluster:

A Practical Framework for Identifying Neuroplastic Patterns

Patients living with persistent pain or discomfort rarely present with a single symptom. Instead, they present with patterns: pain, fatigue, cognitive symptoms, and more. Lin Health’s Chief Medical Officer and Neurologist Dr. Eric Anderson introduces a practical framework to recognize when these symptoms reflect a shared nervous system process.

Common Symptom Clusters:

- Discomfort + fatigue + cognitive symptoms
- Musculoskeletal pain + GI symptoms + anxiety
- Headache + dizziness + visual sensitivity

Key Concept:

“Widespreadness”, which refers to overlapping, multi-system symptom patterns that suggest network-level dysfunction and not isolated pathology.¹ Rather than treating symptoms as separate comorbidities, Dr. Anderson recommends recognizing this clustering, or multiple symptoms driven by shared mechanisms.

Signs of Nervous System Amplification

- Increased salience (i.e., the brain increasingly interprets stimulus as dangerous)
- Hypervigilance and symptom monitoring
- Autonomic dysregulation
- Reinforced pain pathways where the nervous system makes the transition of pain faster, more efficient, and more sensitive

These symptoms remain real, biologically mediated, and persistent, even when tissue healing has occurred.

How Common Is This?

55%

of Lin Health patients report 2+ symptoms for which they seek treatment

71%

of U.S. adults with neuroplastic symptoms report multiple symptom types²

Clinical Signals to Look For

- ✓ Multiple persistent symptoms across systems
- ✓ High symptom monitoring or fear avoidance
- ✓ Persistent symptoms despite normal workup
- ✓ Plateau despite appropriate care

How Lin Health Can Extend and Not Replace Your Care

- Longitudinal behavioral + nervous system retraining
- Weekly coaching + continuous patient support
- Evidence-based modalities (CBT, pain reprocessing, etc.)
- Focus on function, not just symptom reduction

“The goal is not just to reduce pain, but to change the system generating it.”



Dr. Eric Anderson

Clinical Bottom Line

When symptoms cluster, the diagnosis shouldn’t fragment. Clustering is a signal and not just noise. It’s often the clearest indicator of a treatable, nervous system-driven process.

¹ Kamaleri Y, Natvig B, Ihlebaek CM, Benth JS, Bruusgaard D. Number of pain sites is associated with demographic, lifestyle, and health-related factors in the general population. *European Journal of Pain*. 2008;12(6):742-748. doi: <https://doi.org/10.1016/j.ejpain.2007.11.005>

² Clark D, Jones L, Sondag M, Goldberg M, Gustafson A. [How Americans Experience and Understand Neuroplastic Symptoms](#). Association for the Treatment of Neuroplastic Symptoms; 2025:21.