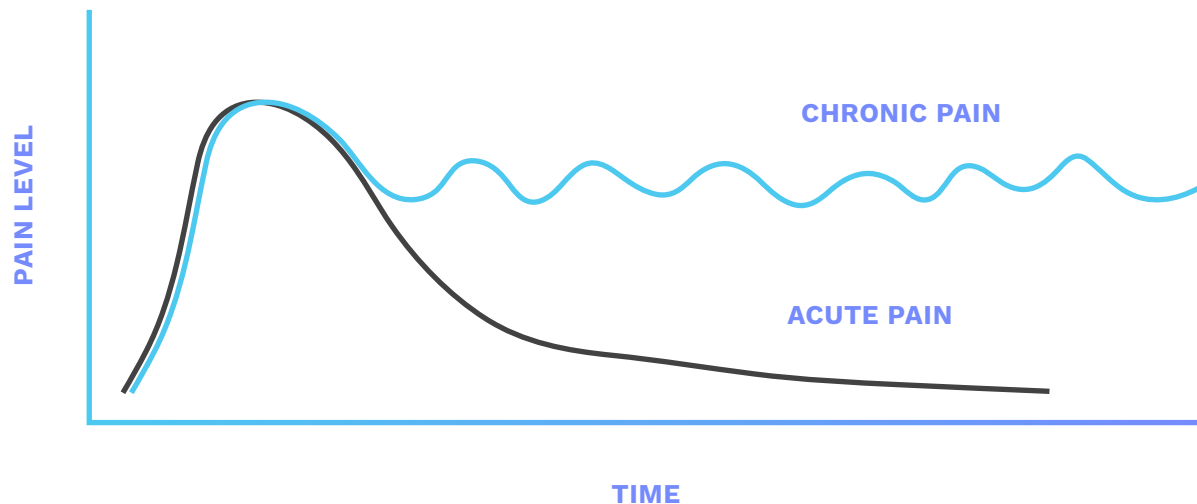


THERE ARE TWO MAIN TYPES OF PAIN: ACUTE PAIN, AND CHRONIC PAIN

Acute pain is caused by something specific, damage to a tissue in the body—a torn muscle or a broken bone. It is a normal, healthy response to an injury and is temporary, decreasing as the injury heals. Most acute pain goes away 3 months after an injury.



Chronic pain is pain that is ongoing and lasts longer than the normal healing time, usually more than 3 to 6 months. Even though the injury has healed, the pain persists. This can be due to changes in the way the nervous system responds to pain.

Chronic pain can be due to changes in the way the nervous system works and is not always because of an injury. This type of pain should be treated as a completely different condition, with different approaches compared to acute pain.