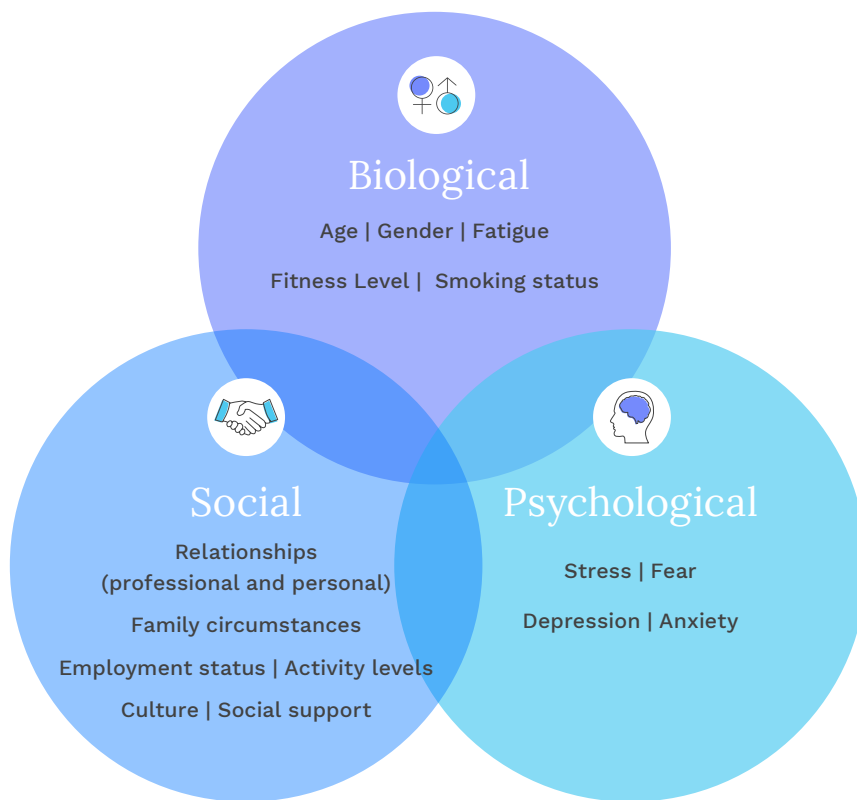


MODERN MEDICINE TREATS PAINFUL CONDITIONS USING THE BIOPSYCHOSOCIAL MODEL OF PAIN.

This model describes that our pain experience is the result of multiple dynamic factors; specifically biological, psychological and social factors that influence each other.



Physical factors can make us more likely to develop pain, and can influence our ability to heal.

Psychological factors like mental well-being have a huge impact on our experience of pain and overall health. If we are stressed or depressed we may experience increased sensitivity to pain and experience pain for longer.

Social factors can have a direct effect on our understanding of pain, how we cope and how supported we are to manage and recover from pain.

For some physical factors will play the largest role in our pain management. For others, mental or social factors have more of an impact. It's important to be aware of all the different areas of your life that may contribute to how you process pain.

CREATE YOUR PAIN PROFILE



How much of your pain is **Physical**?

How much of your pain is due to **mental stress, anxiety, or feelings of depression**?

How much of it is due to your **personal life and relationships**?

Awareness of what is contributing to your pain is critical to long term healing and pain management.