

COPING WITH

PAIN

It can be helpful to understand the differences in pain:
Nociceptive is where there is damage to tissue (including muscles)
Neuropathic is damage to nerves
Nociplastic is where the interpretation of pain has become distorted

	NOCICEPTIVE/ INFLAMMATORY	NEUROPATHIC	NOCIPLASTIC/ CENTRAL SENSITISATION
Stimulus	Injury or inflammation	Neural damage, pinching, irritation	Central nervous system dysfunction
Neurons	Nociceptor & non-nociceptor	Nociceptor & non-nociceptor	Non-nociceptor
Location	Peripheral & central nervous system	Peripheral & central nervous system	Central nervous system
Function	Protective, healing, repair, pathological	Pathological	Pathological
Sensitivity	High or low threshold	Low threshold	Low threshold

