COPING WITH

PAIN

It can be helpful to understand the differences in pain:

Nociceptive is where there is damage to tissue (including muscles)

Neuropathis is damage to nerves

Nociplastic is where the intepretation of pain has become distorted

	NOCICEPETIVE/ 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

Psychological Factors

- Pain Perception
- Pain Coping Skill
- Pain Catastrophizing
- Fear Avoidance
- Depression
- Previous Pain Experience

Biological Factors

- Pain Intensity
- Physical Health
- Trauma / Injury
- Sleep Disturbed
- Medication Use

PAIN

Social Factors

- Work / Disability
- Cultural Factors
- Economic Factors
- Environmental Factors
- Low Job Satisfaction