




The 3-part pain series

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Trained



Disclosures

None



Agenda

Part 1- What is Pain?- Definition of Pain

Part 2-Different bio-psycho-social factors that contribute to pain

Titanic model- selfcare before service.

Part 3-How can we help people/ourselves when in chronic pain



MY Story





<https://vocal.media/motivation/meaning-of-don-t-throw-the-baby-out-with-the-bathwater>

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o •

What is pain?

+
• o

What is the data telling us?

- The United States makes up 4.4% of the world's population and consumes over 80% of the world's opioids. The US consumes approximately 99% percent of the world's hydrocodone.

<https://www.health.state.mn.us/communities/opioids/prevention/painperception>

- National cost of managing pain is **625 billion dollars**. (medical costs and lost productivity)
- 412 Billions for Diabetes
- 360 Billions for Heart disease
- 200 Billions for Cancer

<https://wwcdc.gov/chronic disease/data-research/facts-stats>

A sculpture of a human head and hand, constructed from a dense collection of various pills and capsules in different colors and shapes. The head is on the left, and the hand is on the right, holding a red pill. The background is a dark teal color.

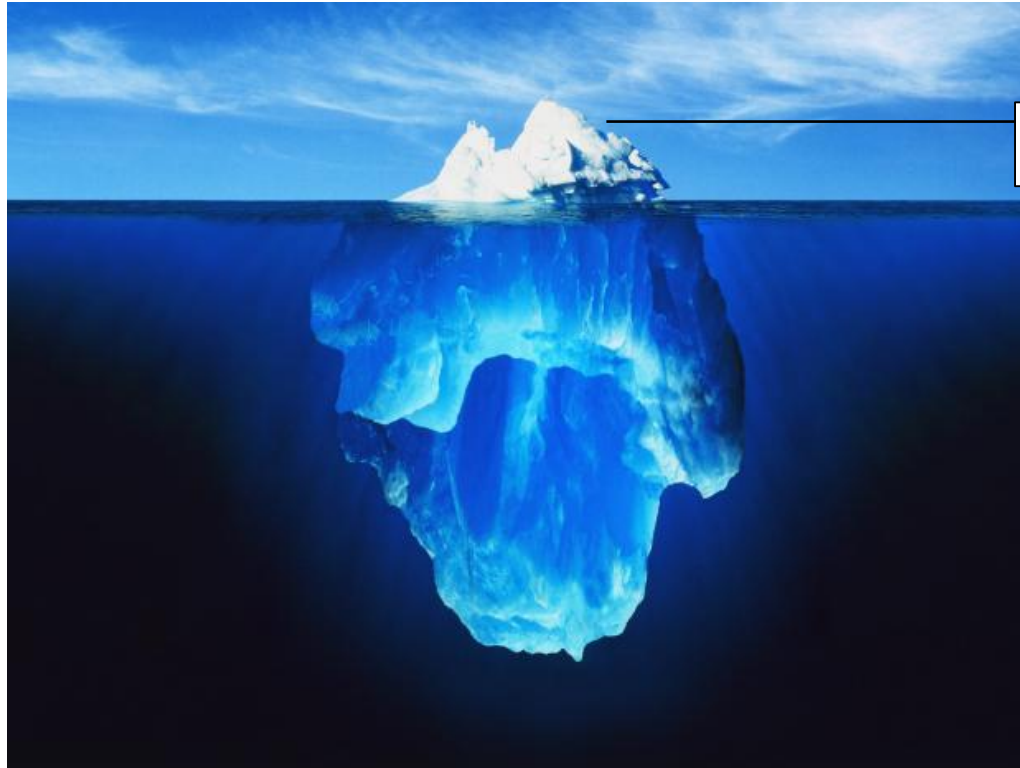
THE OPIOID EPIDEMIC

A Generation in Crisis

It's a Pain Epidemic

H&HN
HEALTH & HEALTH NETWORKS™

Society in Pain



Opioid crisis

Pain

- **Biology**
- **Psychology**
Trauma and Adversity
- **Sociology**
Social Determinants of Health.
Bullying,
Deaths of Despair

Braga et al 2012, Felitti, 1998, Sir Harry Burns, Gabor Mate MD.

8/25/19

Sharna Prasad PT 2019 Personal use only





737 crashed!!! Daily-140-220 passengers dying daily

Bagel



Change the way in
which you look at
things and the things
you look at change.
Wayne W Dyer

Perceptual adjustment leads to
behavioral change (Oettingen 2012)



Pain is not
new?





Medieval times 13-16th Century

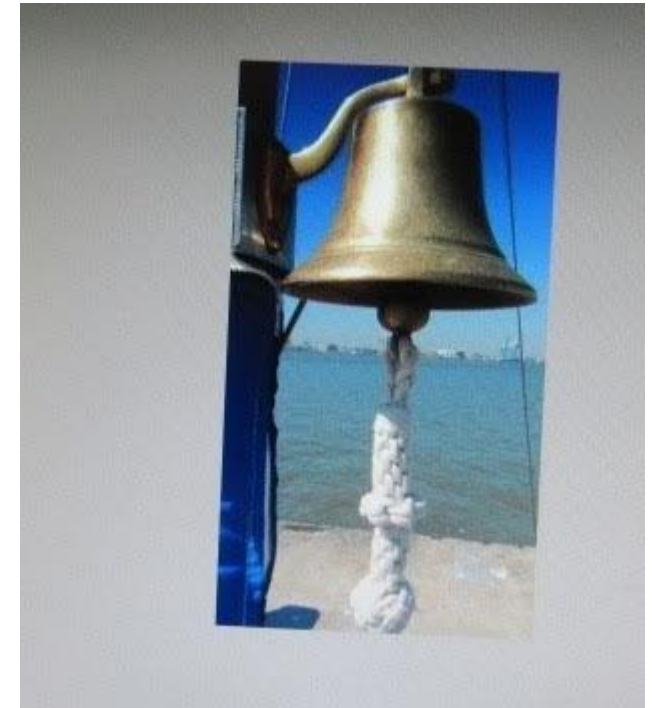
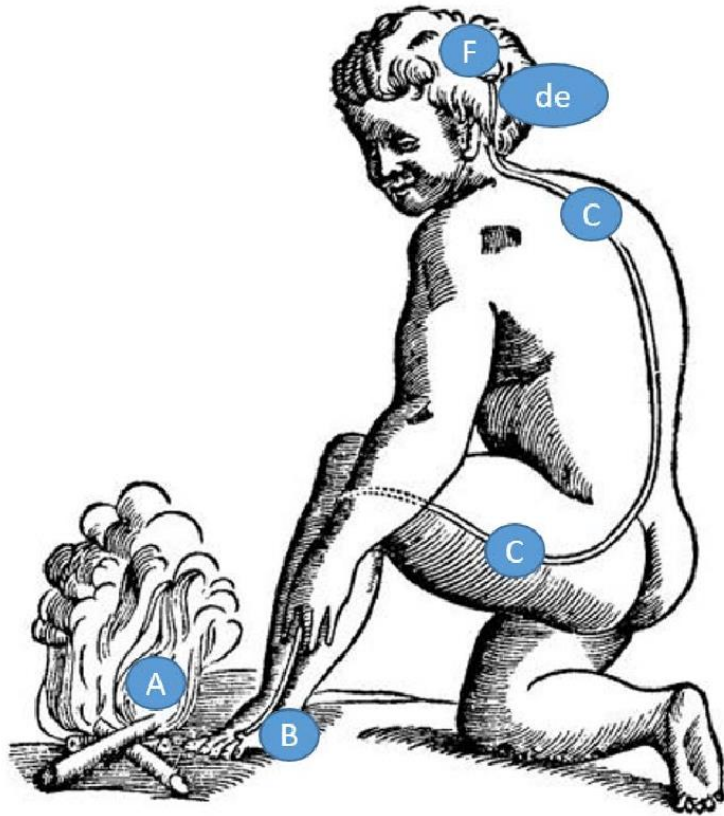
- 3 levels of intervention

1. Diet
2. Pharmacology using plant, animal and mineral substance
3. Surgical- blood letting- Barber surgeon

Vincenot M, Poisbeau P, Morel-Ferland N, Dumas G, Léonard G. A 5000-year overview of the history of pain through ancient civilizations to modern pain theories. *Pain Rep.* 2025 Apr 3;10(3):e1241. doi: 10.1097/PR9.0000000000001241. PMID: 40190783; PMCID: PMC11970827.

Rene Descartes 17th century

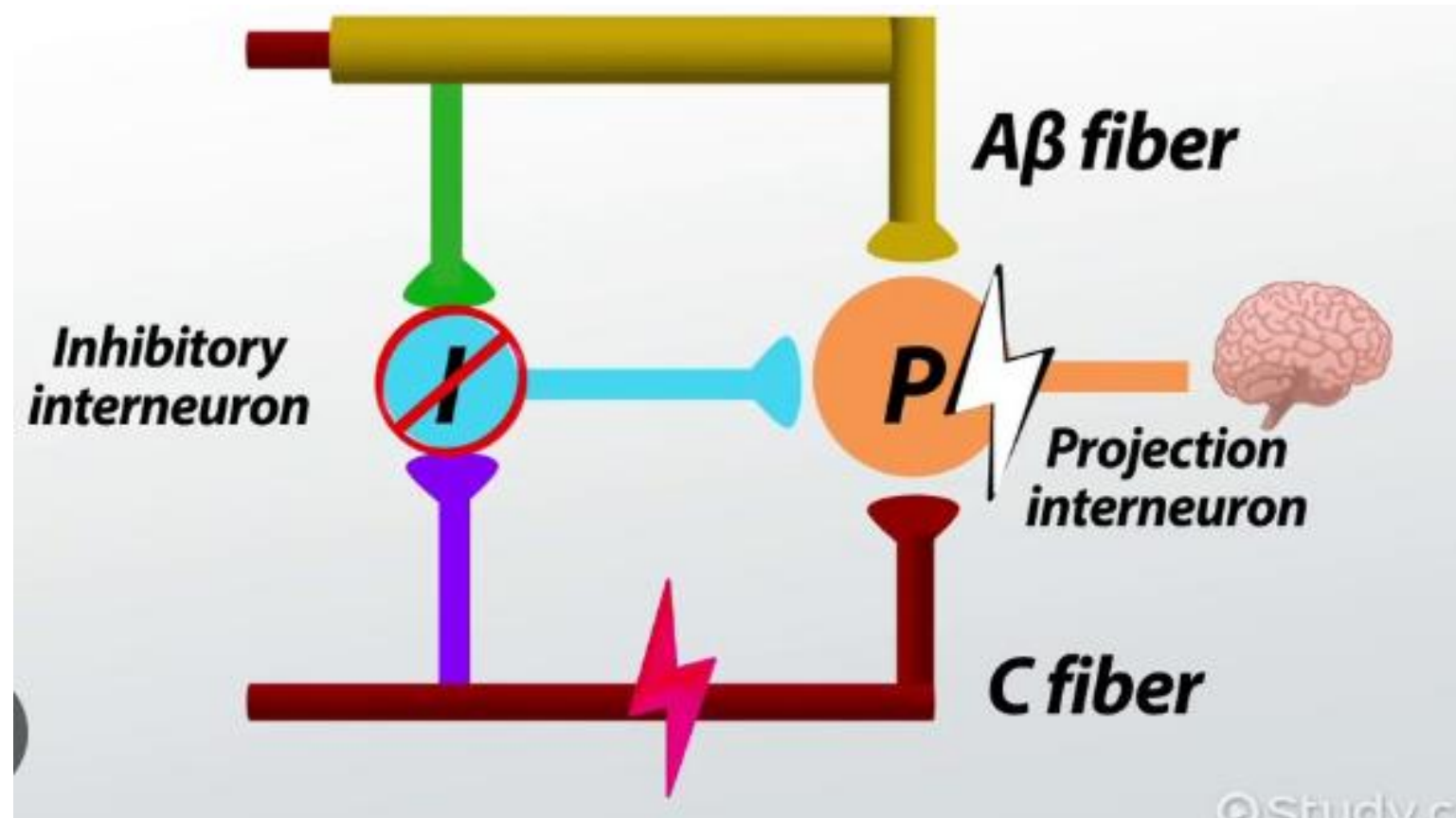
Dualism



Vincenot M, Poisbeau P, Morel-Ferland N, Dumas G, Léonard G. A 5000-year overview of the history of pain through ancient civilizations to modern pain theories. *Pain Rep.* 2025 Apr 3;10(3):e1241. doi: 10.1097/PR9.0000000000001241. PMID: 40190783; PMCID: PMC11970827.

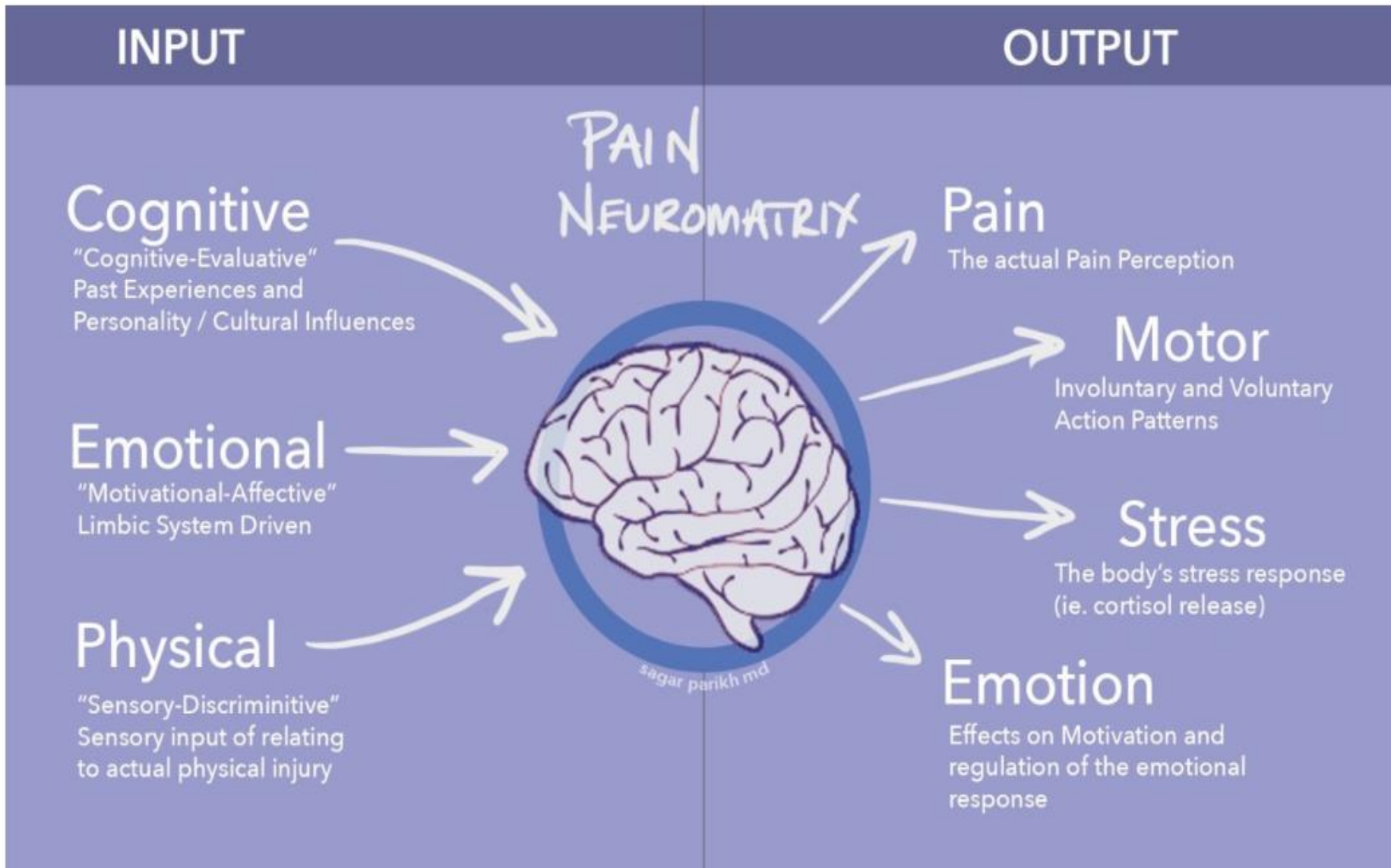
Ronald Melzack and Patrick Wall-1965

- Pain Gate opens= pain increases
- gate closes pain decreases.



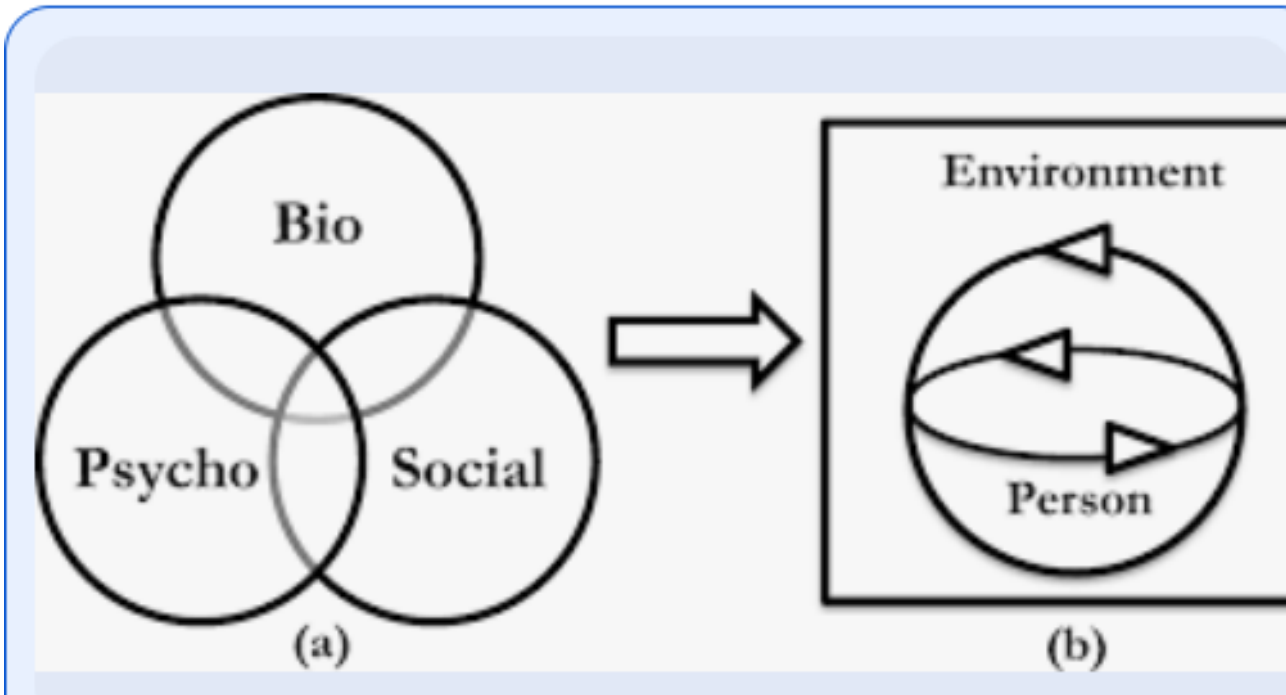
Could not explain Phantom pain

Patrick Wall +Melzack- 1996 - Pain NeuroMatrix



Phantom pain could be explained

Enactive Model- Beyond the BPS Model- Peter Stillwill- 2019



[Home](#) > [Phenomenology and the Cognitive Sciences](#)
> Article

An enactive approach to pain: beyond the biopsychosocial model

Published: 30 April 2019

Volume 18, pages 637–665, (2019)

A close-up photograph of an elephant's face, focusing on its eye and the surrounding wrinkled, textured skin. The eye is a striking reddish-brown color with a dark pupil. The skin is a mix of brown and grey tones, with deep, concentric wrinkles around the eye.

Experiential

words



Definition of Pain

An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage,

IASP definition 2020

examples

Pain or no pain



Pain or no Pain?



Fisher J P, Hassan D T, Connor N

O. Minerva *BMJ* 1995; 310 :70 doi:10.1136/bmj.310.6971.70

All pain is pain & All pain is real

Pain or no pain



Pain or no pain



TREAT PAIN LIKE A GARDENER ●

For a Plant to thrive it needs a balance of

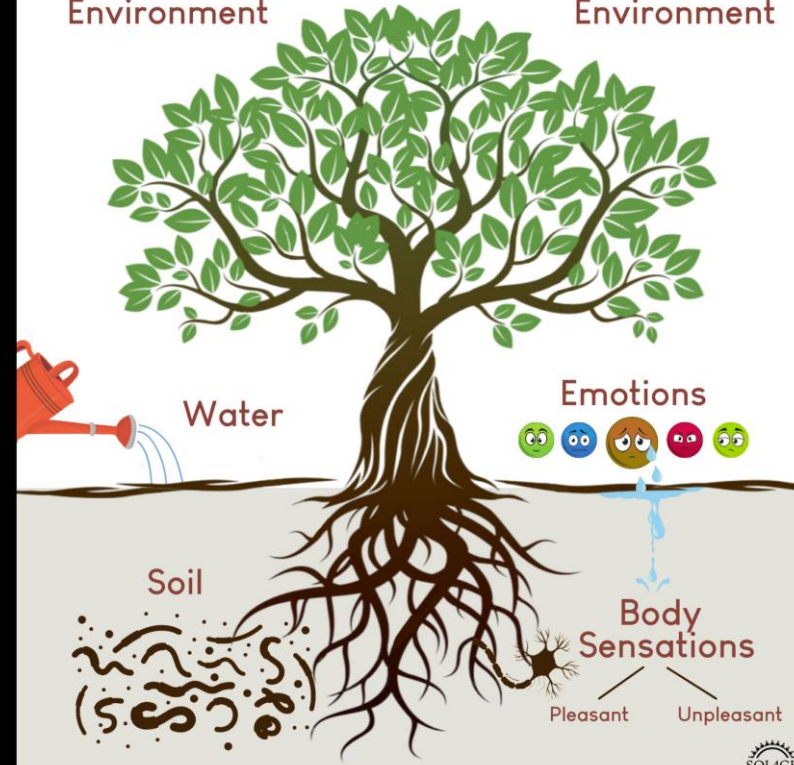
For a Human to thrive it needs a balance of

Sunshine

Thoughts & Beliefs

Environment

Environment




Dr. Robert Long PT, DPT & Dr. Sharna Prasad PT, DPT




DIMS and SIMS






Acute pain turns
to chronic pain at
3 months

Pain and Radiology

▶ J Pain Res. 2023 Mar 17;16:933–941. doi: [10.2147/JPR.S396844](https://doi.org/10.2147/JPR.S396844) 

Low Back Pain Patients' Perceptions Regarding Their Own Radiology Reports: Pre-Intervention Survey

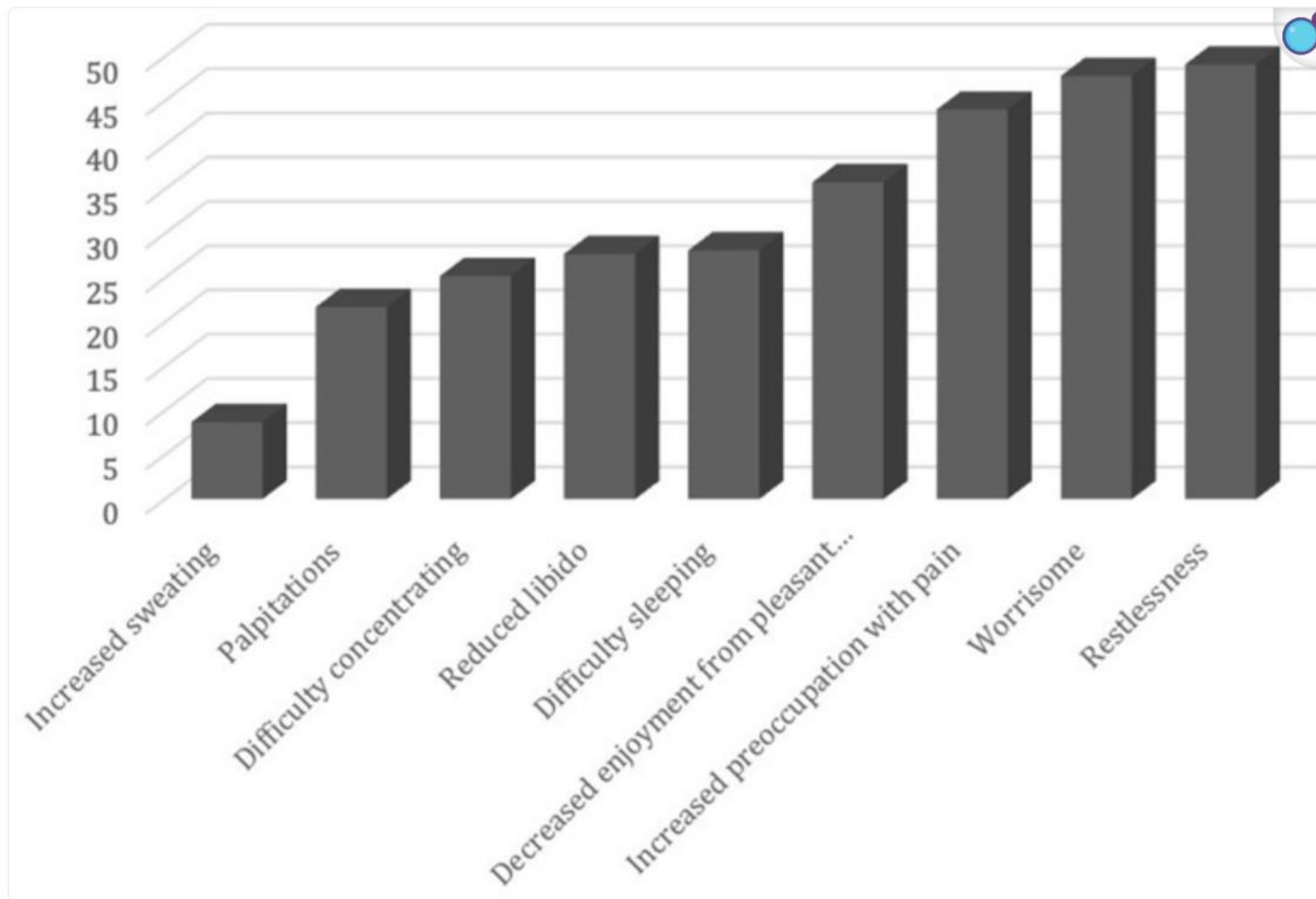
[Gilad J Regev](#)^{1,2}, [Roi Treister](#)³, [Silviu Brill](#)^{2,4}, [Dror Ofir](#)^{1,2}, [Khalil Salame](#)^{1,2}, [Zvi Lidar](#)^{1,2}, [Morsi Khashan](#)^{1,2}, [Rivka Litvin](#)⁵, [Uri Hochberg](#)^{2,4}, 

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PMCID: PMC10029370 PMID: [36960465](https://pubmed.ncbi.nlm.nih.gov/36960465/)

- 162 participants (44.6% female), with mean age of 53.1 ± 15.6 years,
- Sixty-three percent of the patients stated that reading their report **helped them gain better understanding** of their medical condition
- 84% agreed that having early access to the report helped improve **communication with the physician**.
- The mean Pain Catastrophizing Scale (PSC) score was 29.18 ± 11.86 , ranging from 2 to 52. Both the degree of concerns and the number of symptoms reported were significantly associated with the PCS

Regev GJ, Treister R, Brill S, Ofir D, Salame K, Lidar Z, Khashan M, Litvin R, Hochberg U. Low Back Pain Patients' Perceptions Regarding Their Own Radiology Reports: Pre-Intervention Survey. J Pain Res. 2023 Mar 17;16:933-941. doi: 10.2147/JPR.S396844. PMID: 36960465; PMCID: PMC10029370.



Regev GJ, Treister R, Brill S, Ofir D, Salame K, Lidar Z, Khashan M, Litvin R, Hochberg U. Low Back Pain Patients' Perceptions Regarding Their Own Radiology Reports: Pre-Intervention Survey. *J Pain Res.* 2023 Mar 17;16:933-941. doi: 10.2147/JPR.S396844. PMID: 36960465; PMCID: PMC10029370.

M and M break



Pain and the
words we use
and what they
mean to our
patients





182478287



iStock
Credit: porcorex



Pain and memory



Pain starts at 5pm

- What does that mean?



Pain is not a “It”

Pain is an experience

- Yes, I see it too.
- I see it too

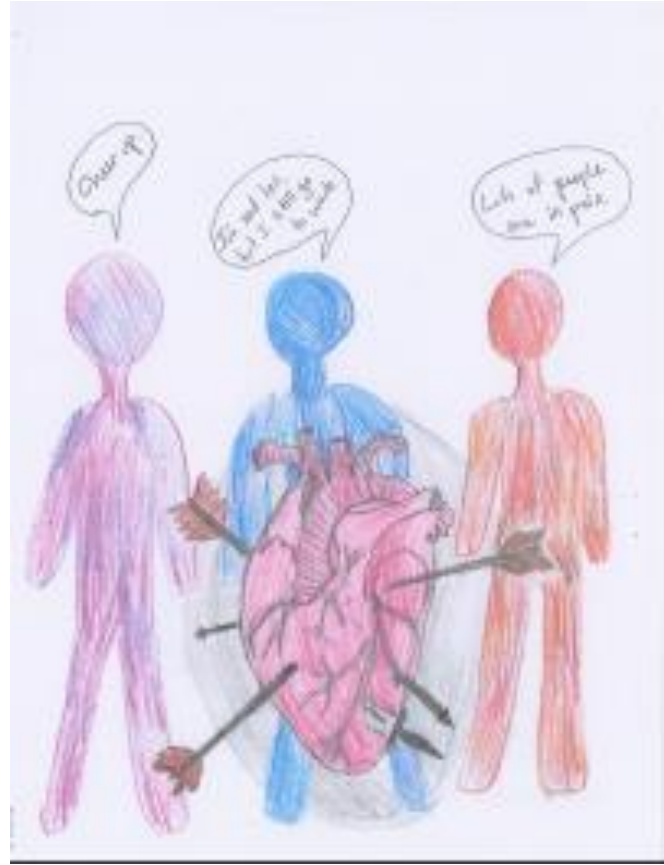




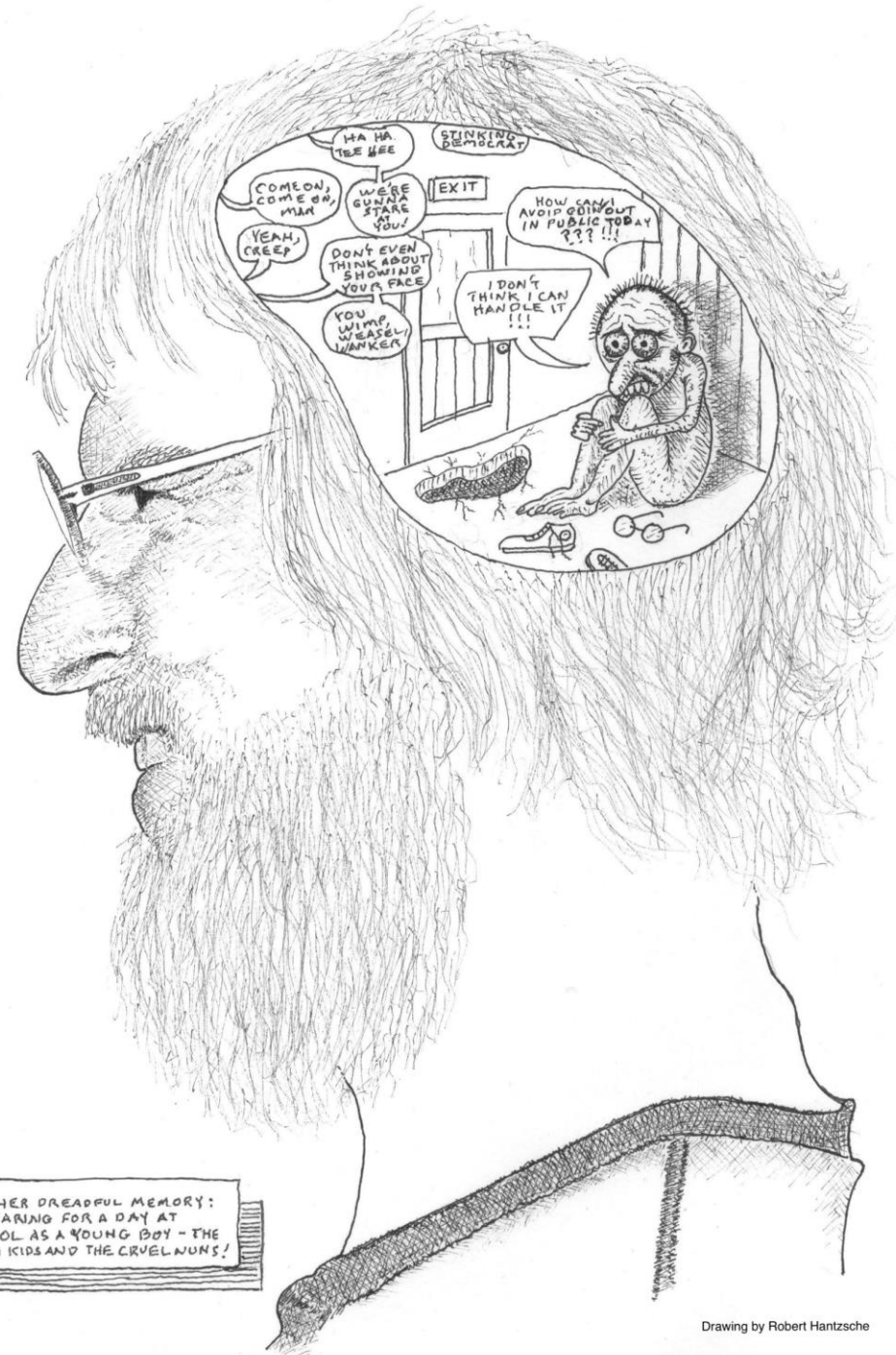












HA HA
TEE HEE

STINKING
DEMOCRAT

COME ON,
COME ON,
MAN

WE'RE
GONNA
STARE
YOU!

EXIT

YEAH,
CREEP

DON'T EVEN
THINK ABOUT
SHOWING
YOUR FACE

YOU WIMP,
WEASEL
WANKER

HOW CAN I
AVOID GOING OUT
IN PUBLIC TODAY
?? ? !!!

I DON'T
THINK I CAN
HANDLE IT
!!!

ANOTHER DREADFUL MEMORY:
PREPARING FOR A DAY AT
SCHOOL AS A YOUNG BOY - THE
MEAN KIDS AND THE CRUEL NUNS!

THE MORNING EVALUATION
IS ALWAYS DISAPPOINTING

I THINK I'M GETTING
THINNER, BUT I STILL
GOTTA GET RID OF MY
FAT GUT.
DAMN IT!



What is pain?

All pain is
pain

All pain is
real

All pain can
change

Key takeaways

No pain receptors, pain pathways and pain center in the brain

Pain is not a readout of tissue state. “Your body is not broken”

Pain is ALWAYS Real- “I believe you”

Not causes but contributors to pain- Pain is very complex

All pain can change due to neuroplasticity

Top 3 ways to reduce pain is –learning about pain, active strategies, self-management skills.(Lorimer)

Intensive radiology can harm more than help.

Reach out if you are
ready to serve fresh
bagels

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