



Misconceptions

Explain Pain (EP)

Misconception



EP is advising people to move despite their pain

Hurt does not necessarily equal harm and our pain can be disproportionate to the stimulus.

Accurate Conception

No pain, no gain?



EP is teaching people that pain can be overprotective.

Pain is real.

EP is reassuring people that the pain they perceive to be there is not really there at all. Your experience is real.

Pain is real.



EP is reassuring people that their pain is completely real even although the tissue may not be in danger.



Mechanisms

EP is describing the pain gate control theory.

Pain is complex and cannot be reduced to a structure or single pathway.

Mechanisms



EP is teaching people that the brain can turn down the danger message at the spinal cord



Sensitization

EP is explaining that central sensitization is causing their pain, and there are no known cures for central sensitization Pain is a unique experience and we can become more sensitive over time.

Sensitization



EP is teaching people that their danger transmission system can become very sensitive, which can lead to more danger messages, but it is always the brain that decides whether or not to produce pain



Pain vs Danger

EP is advising people that pain messages are turned up and down at the spinal cord.

Pain is a message about how our brain perceives its environment.

Pain vs Danger



EP is teaching people that danger messages are turned up and down at the spinal cord.



Who benefits?

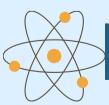
EP relates only to chronic pain, not acute pain.

Pain is pain: acute, chronic or otherwise

Who benefits?



EP relates to pain.



Biology

EP throws out biology and biomedical models to focus only on thepsychosocial

Pain is complex and cannot reliably be reduced to single structure.

Biology



EP is a pragmatic application of the biopsychosocial model of pain, which integrates treatment of peripheral and central nociceptive drivers alongside other contributions to pain.





