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Misconceptions

Explain Pain (EP)

Misconception		Accurate Conception
 <p>No pain, no gain?</p> <p>EP is advising people to move despite their pain</p>	Hurt does not necessarily equal harm and our pain can be disproportionate to the stimulus.	 <p>No pain, no gain?</p> <p>EP is teaching people that pain can be overprotective.</p> 1
 <p>Pain is real.</p> <p>EP is reassuring people that the pain they perceive to be there is not really there at all.</p> 2	Your experience is real.	 <p>Pain is real.</p> <p>EP is reassuring people that their pain is completely real even although the tissue may not be in danger.</p>
 <p>Mechanisms</p> <p>EP is describing the pain gate control theory.</p>	Pain is complex and cannot be reduced to a structure or single pathway.	 <p>Mechanisms</p> <p>EP is teaching people that the brain can turn down the danger message at the spinal cord</p> 3
 <p>Sensitization</p> <p>EP is explaining that central sensitization is causing their pain, and there are no known cures for central sensitization</p> 4	Pain is a unique experience and we can become more sensitive over time.	 <p>Sensitization</p> <p>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</p>
 <p>Pain vs Danger</p> <p>EP is advising people that pain messages are turned up and down at the spinal cord.</p>	Pain is a message about how our brain perceives its environment.	 <p>Pain vs Danger</p> <p>EP is teaching people that danger messages are turned up and down at the spinal cord.</p> 5
 <p>Who benefits?</p> <p>EP relates only to chronic pain, not acute pain.</p> 6	Pain is pain: acute, chronic or otherwise	 <p>Who benefits?</p> <p>EP relates to <i>pain</i>.</p>
 <p>Biology</p> <p>EP throws out biology and biomedical models to focus only on the psychosocial</p>	Pain is complex and cannot reliably be reduced to single structure.	 <p>Biology</p> <p>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.</p> 7