

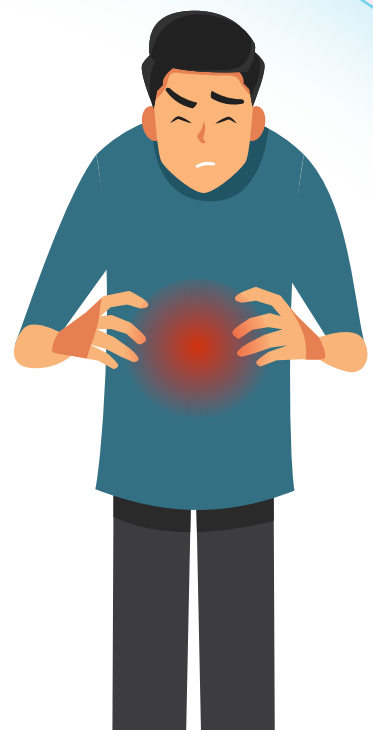
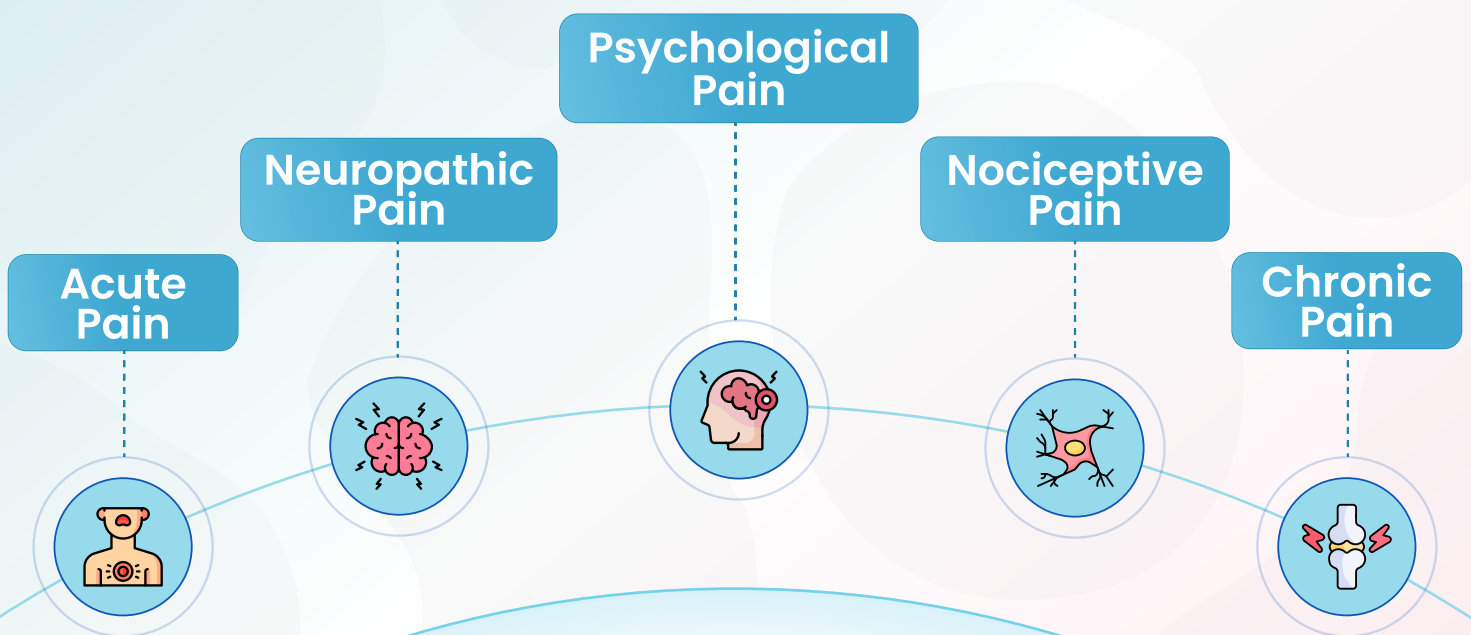
# From Pain To Relief

A guide to better care



**Pain can take different forms and levels, and each type of pain requires a unique approach to treatment or care.**

Here's your quick guide to understanding the main types of pain and how to manage them:



# Acute Pain

## What it is:

Sudden and short-term pain caused by tissue damage

## Examples:

Burns, cuts, surgery, labor, broken bones

## Duration:

Usually lasts less than 6 months



## Relief Solutions



Ice or heat pack



Physical therapy



Resting



Opioids

**Quick Tip:** Ice helps reduce swelling in the first 48 hours, while heat can soothe muscles after that.

# Neuropathic Pain

## What it is:

Pain caused by nerve damage

## Examples:

Burning, stabbing, electric-shock-like, or shooting pain

## Duration:

Diabetes, cancer, stroke, alcoholism, infections, or radiation therapy



## Relief Solutions



Nerve Pain medicines



Pain-relief creams



Physiotherapy or movement therapy



Mood boosting medications



**Neuropathic pain** doesn't always respond to common painkillers – it **needs targeted treatments.**

# Psychological Pain

## What it is:

Emotional distress caused by trauma, grief, chronic stress, or anxiety

## How does it feel?:

Deep internal hurt, often without a physical cause



## Relief Solutions



Emotional expression



Self-care



Relaxation



Professional help (Therapy)



Social support

**Note:** Psychological pain is real and affects overall health.

# Nociceptive Pain



## What it is:

Pain caused by damage to body tissues

## Examples:

Achy, throbbing, or sharp pain

## Somatic pain

From skin, muscles, bones, joints

There are  
two types of  
**Nociceptive  
Pain**

## Visceral pain

In chest, abdomen, or pelvis

Anti-inflammatory drugs



Heat or cold therapy



Physical therapy



Rest



**Relief  
Solutions**

# Chronic Pain



## What it is:

Long-term pain that continues even after the original injury has healed

## Examples:

Arthritis, low back pain, migraines

## Duration:

Usually lasts less than 6 months

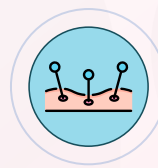
## Relief Solutions



Medications



Physical therapies



Acupuncture



Psychological therapies



Relaxation techniques

**Chronic pain can change basis how your brain processes pain,** which is why a multidisciplinary approach works best.

# General Pain Management Strategies



## Physical Activity

Gentle exercise such as walking, swimming, or gardening can reduce pain.



## Breathing and Relaxation

Deep, slow breathing helps control pain and reduce anxiety.



## Psychological Therapies

Cognitive Behavioral Therapy (CBT), hypnosis, and mindfulness reduce the emotional burden of pain.



## Tip:

**Just 10 minutes of deep breathing** in a day can lower your body's stress hormones and pain perception.

# General Pain Management Strategies



## Complementary Therapies

Acupuncture, massage (for soft tissue pain), meditation, yoga, and TENS (transcutaneous electrical nerve stimulation) may provide relief.



## Heat and Cold Therapy

Ice packs reduce swelling after injury; heat packs relieve chronic muscle or joint pain.



## Distraction and Social Support

Hobbies, music, and connecting with others can help shift focus from pain.



## Sleep Hygiene

Maintaining a regular sleep routine is **crucial**, as poor sleep can worsen pain.



# GOFEN 200



# References

- ▶ <https://www.healthline.com/health/types-of-pain#chronic-pain>
- ▶ <https://www.aucmed.edu/about/blog/types-of-pain-management>
- ▶ <https://www.medicalnewstoday.com/articles/145750>