

Pain Explanation and Treatment Diagram

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Physical Medicine and Rehabilitation

What are Your “Pain Risk Factors”?

Name:

Date:

Chart No.:

Habits



- Smoking
- Alcohol
- Diet

Treatment

1. _____
2. _____

Sleep



- Poor
- Not refreshing
- Good

Treatment

1. _____
2. _____

Exercise



- Not enough
- Too much
- Just right

Treatment

1. _____
2. _____

Ergonomics



“Machine–body connection”

1. _____
2. _____

Treatment

1. _____
2. _____

Other things that can affect, worsen or aggravate brain conditions — in anyone:

1. Life in general
2. Financial problems
3. Stress/anger/fear/nightmares
4. History of physical abuse
5. History of sexual abuse
6. Alcoholism (you or your family)
7. _____
8. _____

Treatment

1. _____
2. _____

Diagnoses

What I DO think your problem(s) is/are:

- 1.
- 2.
- 3.
- 4.

What I DON'T think your problems are:

How can stress affect, worsen, aggravate or cause worsening symptoms? What is the connection?

1. Adrenaline is squeezed into your bloodstream, your heart rate increases, your muscles tense up, and you sweat more. Your pain then increases and becomes more intense.
2. When you are injured, any stress that you feel can make the injury and the pain worse.
3. Relieving stress may relieve pain.