

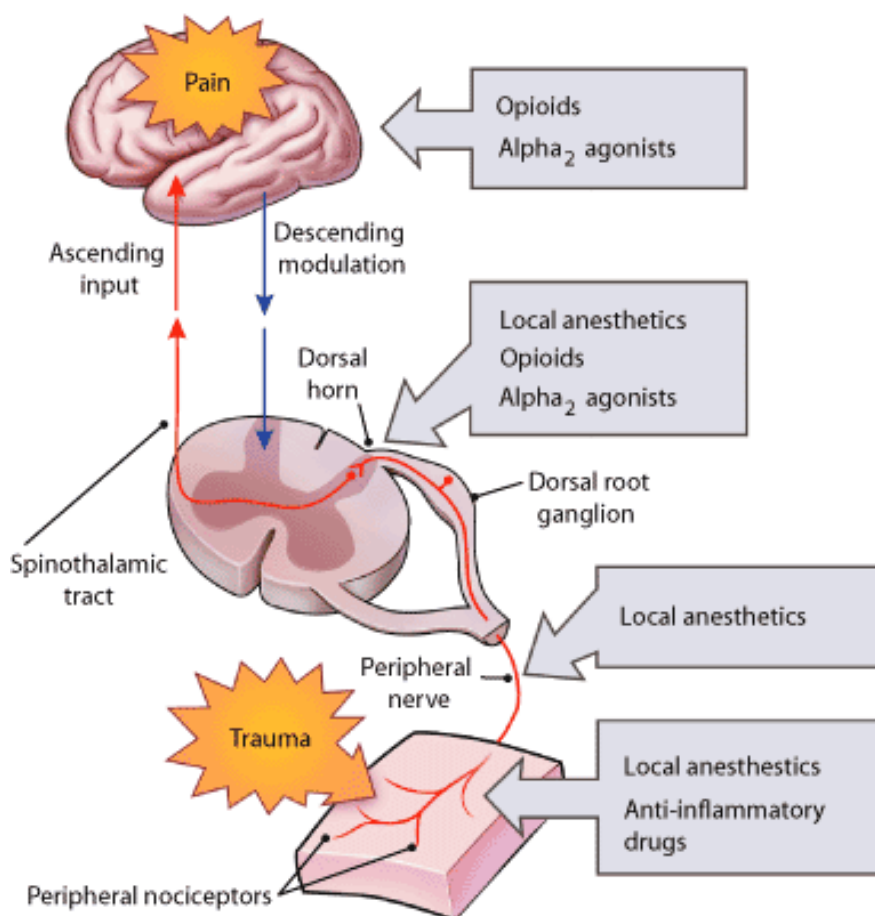
# The Reasons We Experience Pain

Pain signals can originate in the skin, bone, muscles or nerves. We have all experienced aches and pains from daily activities, work activities, sports activities or accidents and trauma. Our bodies have amazing abilities to heal injury. Pain is unpleasant but it warns us to beware of actual or potential damage. Pain also slows us down so healing can occur. Normal pain will fade away as the injury heals.

## Acute Pain

Acute pain is a warning that we need to take care of ourselves.

The worst cases of carpal tunnel syndrome I have treated have actually been painless. Because these clients did not experience the warning symptom of pain, they did not seek medical attention until irreparable muscle damage had been done. Medical attention was sought only after nerve damage caused weakness, incoordination and loss of function.



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## Chronic Pain

When pain becomes chronic, it no longer serves a useful purpose. Chronic pain is not "normal". Chronic pain, at it's worst, interferes with job and daily activities. It can negatively impact our emotional, physical, financial and social well-being.

Seek medical consultation:

- if you experience pain that occurs gradually, progressively worsens, and begins interfering in your daily, work and leisure activities.
- you are experiencing pain that does not fade in a reasonable length of time and becomes chronic
- you have pain or symptoms that are out of proportion to the type of injury received or activity performed



## Repetitive Strain Pain

Pain symptoms can vary depending upon the cause and location of injury. Remember, the term repetitive strain injury is a general term that describes a mechanism of injury (for example, inflammation from overuse), but it does not describe a specific diagnosis.

## Tendinitis (Tendonitis) or Tenosynovitis Pain

- Usually tender close to a joint
- Area of tenderness is localized and usually superficial (close to the surface of the skin)

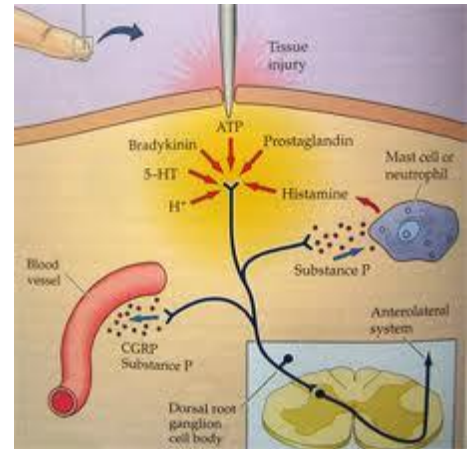


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- Pain increases with activity and usually feels better with rest
- Pain may begin radiating up or down the arm as symptoms get worse
- Movement may feel "creaky"

## Muscular or Myofascial Pain

- Usually tender in the muscle belly
- Area of tenderness may be deeper and broader than a tendinitis
- May have muscle "knots" or muscles may feel "ropey"
- Tender areas may radiate pain to other locations when pressed (a trigger point)
- Pain may increase while stretching; however, a gentle stretch may feel like a "good pain"
- Activity may increase pain or feelings of "burning" in the muscle



## Nerve Pain

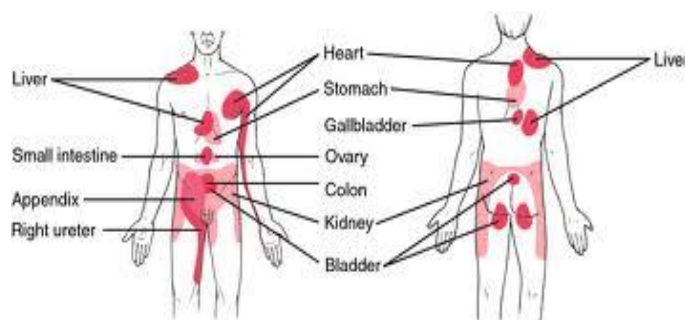
- Usually a deep, aching pain
- May radiate over large areas
- May be difficult to determine the source of the injury
- Pain may increase with activity
- An aggravating activity may cause pain 4-5 hours later
- Pain usually feels worse at night
- Often associated with burning, tingling and numbness

## Commonly Occurring Pain Sites and Diagnosis

The following is a list of commonly occurring repetitive strain pain sites and diagnosis.

***Please, do not self-diagnose.***

Seek medical consultation if pain is interfering with daily, work and leisure activity.



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In *addition* to medical treatment, you can use the symptom guidelines below to find more information about your particular symptoms. You can learn about standard therapeutic treatment methods for your symptoms. Or you can link to a specific diagnosis if you choose.

✓ **Finger Pain**

- Trigger Finger

✓ **Thumb Pain**

Trigger Thumb  
DeQuervain's Disease

✓ **Hand Pain**

Carpal Tunnel Syndrome  
Compression of the Ulnar Nerve at Guyon's Canal  
Cubital Tunnel Syndrome

✓ **Wrist Pain**

DeQuervain's Disease  
Tendinitis (tendonitis) of the Wrist Flexors or Extensors

✓ **Forearm Pain**

Intersection Syndrome  
Muscular Sprains and Strains  
Radial Tunnel Syndrome  
Pronator Teres Syndrome

✓ **Elbow Pain**

Lateral Epicondylitis (Tennis Elbow)  
Medial Epicondylitis (Golfer's Elbow)  
Cubital Tunnel Syndrome  
Radial Tunnel Syndrome  
Pronator syndrome

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