



Essential Pain Fact 1:  
Pain protects us and promotes healing.

# What is the role of pain?

Pain focuses our attention on a body part that needs protecting.

Pain gives your body space to heal.

Pain is a protective feeling that is essential for our survival.

Pain is an individual experience and is ALWAYS real.

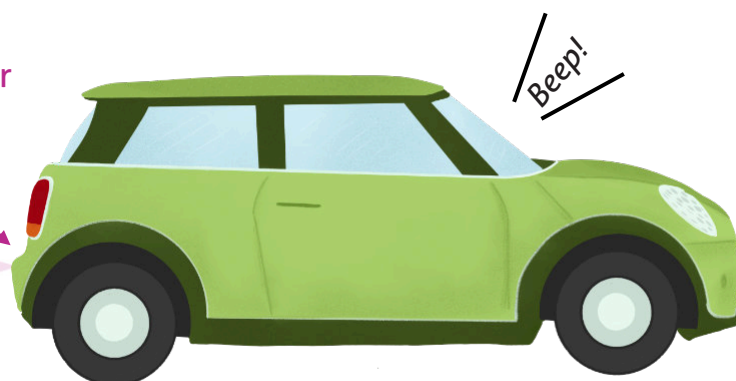
## **Pain provides us with a protective buffer.**

Pain usually protects us from injury. It reminds us not to do too much too soon. Most of the time, pain acts as a safeguard to keep our body tissues safe. Pain is a normal response to potential danger and is always real.



Pain is like the beeping we get when we are reversing too close to a pole!

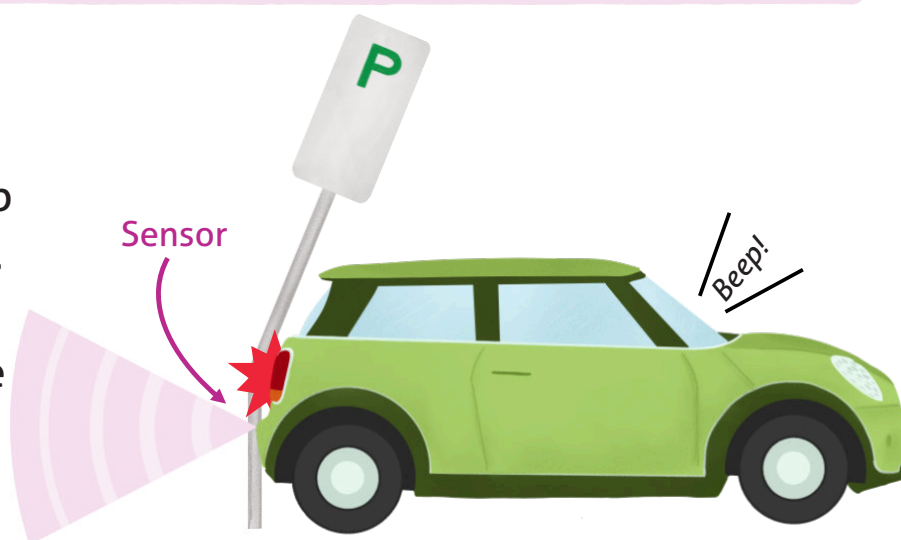
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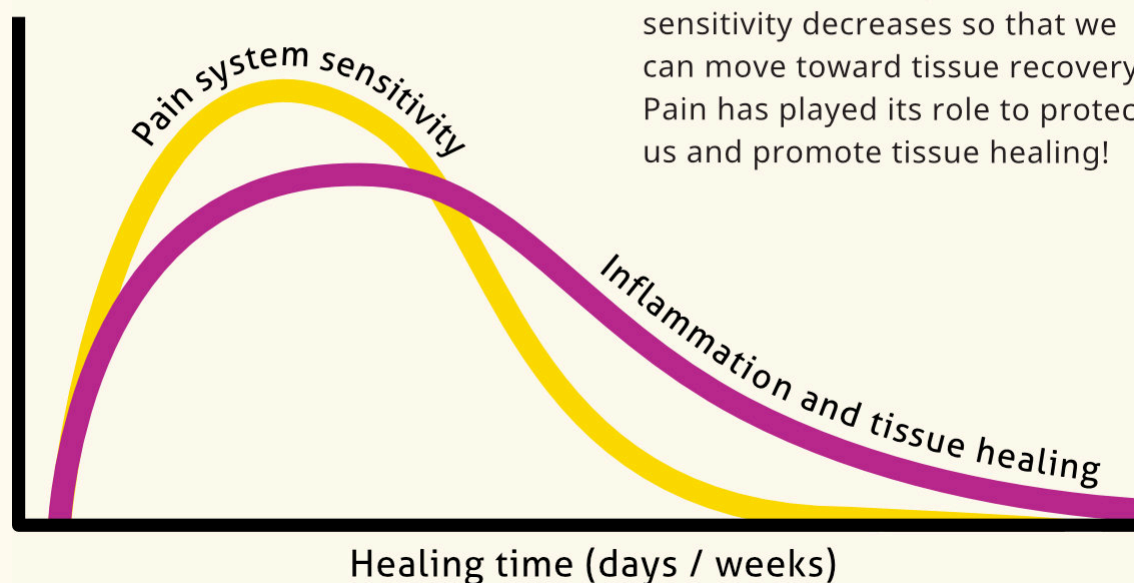
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The beeping speeds up the closer our car gets. If we ignore it, we hit the pole and injure the car (and the pole)!



Injuries can cause an increase in sensitivity of the pain system so that even tiny movements become painful.

Usually, as an injured body part heals and inflammation in the area settles, pain system sensitivity decreases so that we can move toward tissue recovery. Pain has played its role to protect us and promote tissue healing!



What happens when pain persists for longer than expected?  
Read Fact Sheet 2 to find out.

