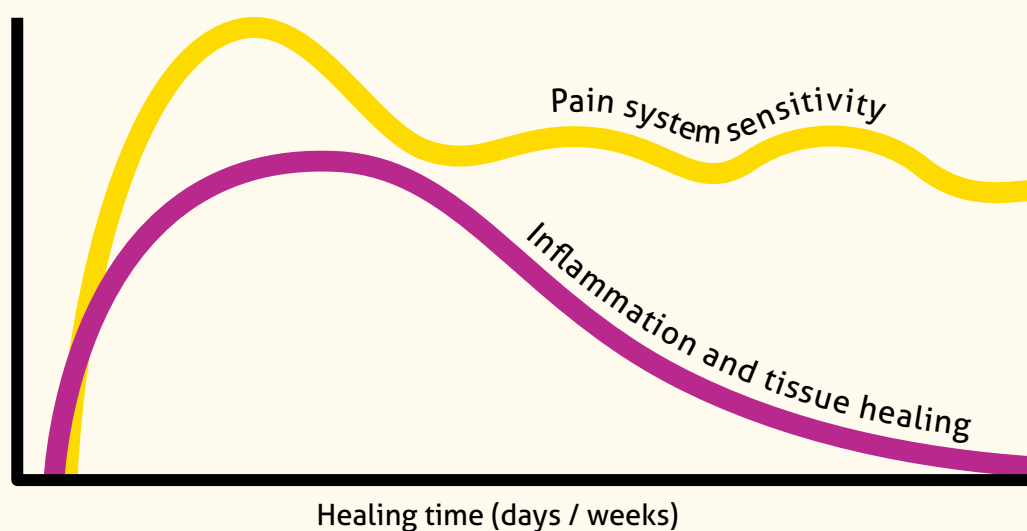




Essential Pain Fact 2:
Persistent pain overprotects us and prevents recovery.

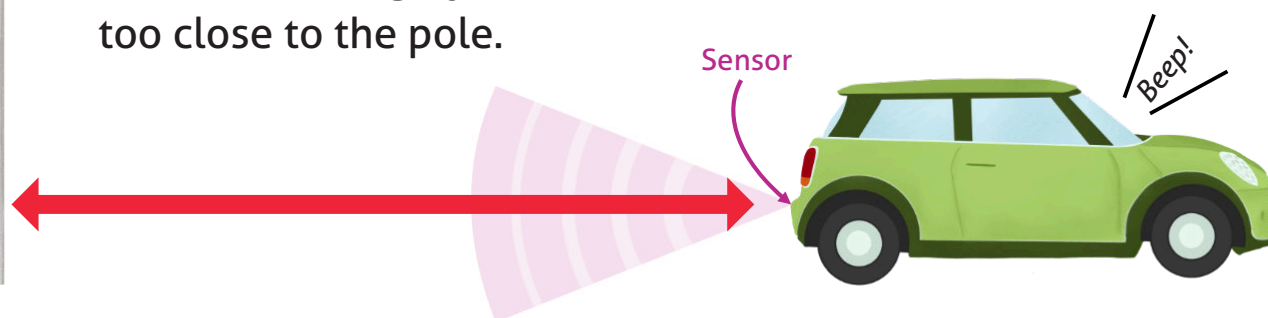
What if pain persists?

Sometimes pain goes on for longer than expected, even after the tissues have healed. This is when pain becomes overprotective and prevents recovery. This is also referred to as **Pain System Hypersensitivity**.



P

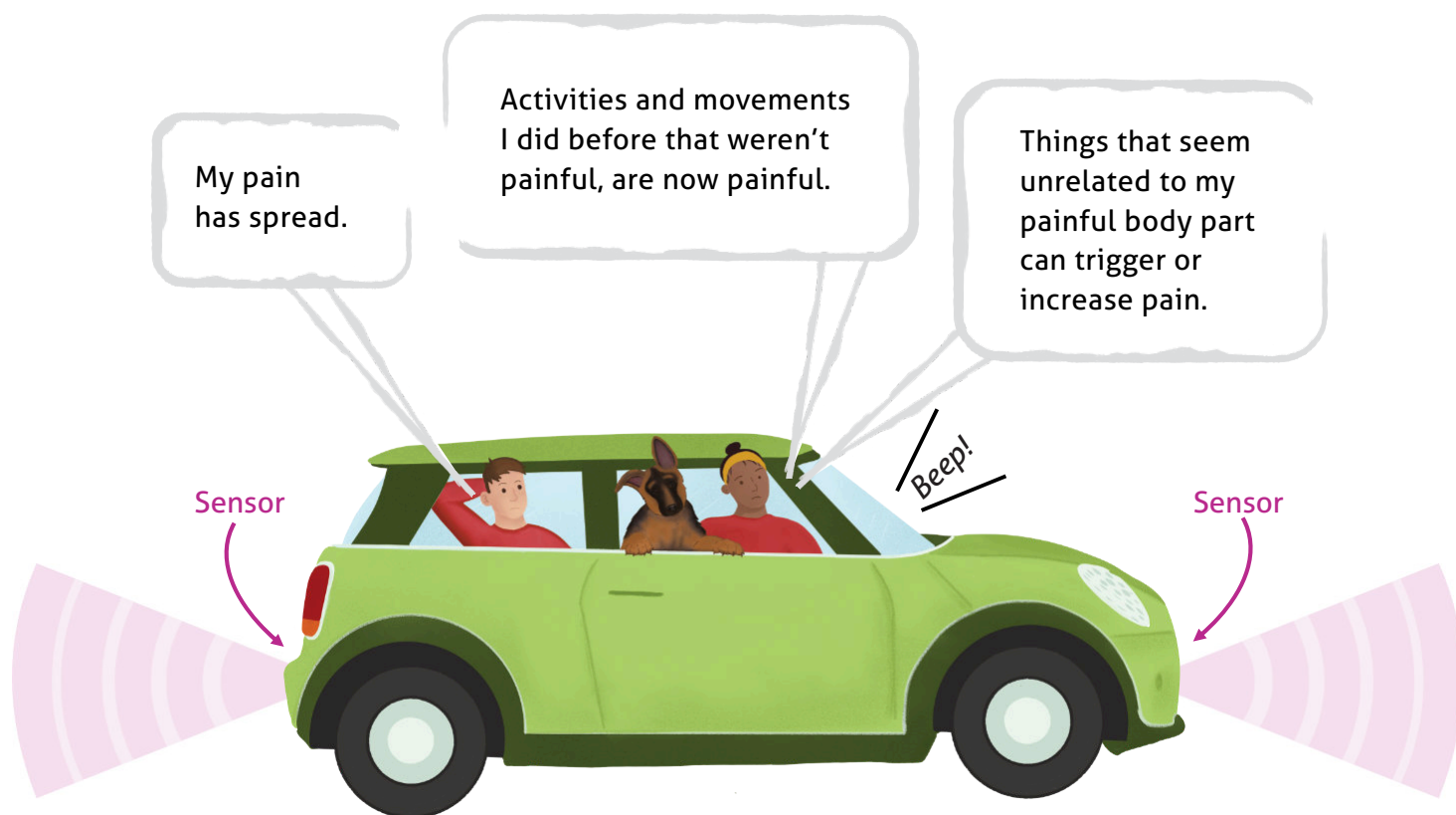
Pain System Hypersensitivity
is like the car beeping fast and
loud even though you are not
too close to the pole.





Essential Pain Fact 2:
Persistent pain overprotects us and prevents recovery.

How do you know if you have Pain System Hypersensitivity?



Why do we develop Pain System Hypersensitivity?

We don't fully understand why some people develop Pain System Hypersensitivity, and others don't, but here are some things that we do know:

- The longer we have pain the more sensitive the pain system gets.
- The pain system always involves a combination of factors. Understanding what influences **your** pain system can help you identify what **you** can do to change it.
- The contributors to Pain System Hypersensitivity are different for each person.
- The good news: the process that creates Pain System Hypersensitivity can also reduce it.

How well do you understand your pain? Read Fact Sheet 3 to explore further.

