



Essential Pain Fact 4:
There are many ways to reduce pain and promote recovery.

How can you use your new understanding of pain?

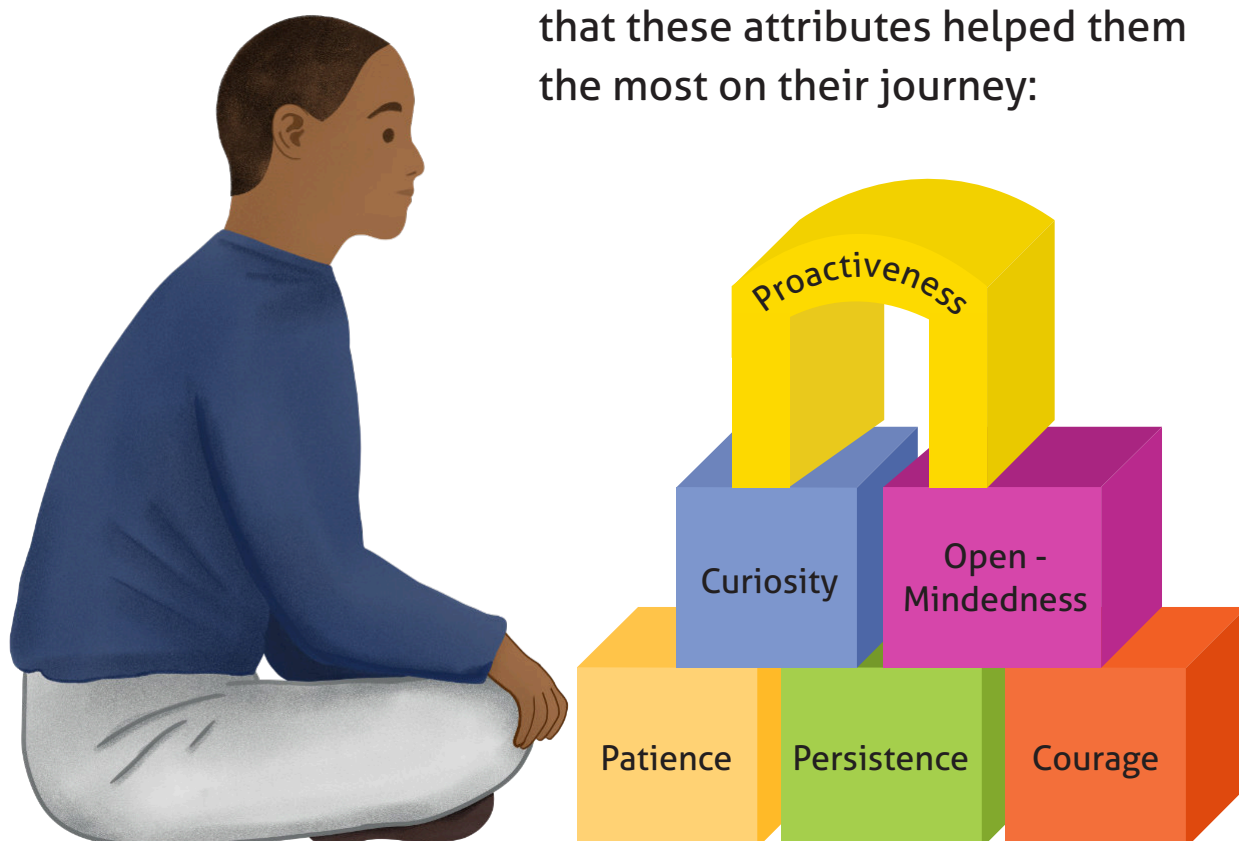
Our bodies are built to adapt. This incredible drive to adapt contributes to Pain System Hypersensitivity but it can also be used to reduce Pain System Hypersensitivity.

Understanding and gradually changing factors that influence your pain, causes positive change in your body and in the pain system itself.

As you gradually identify factors that influence your pain, the more you can do to decrease your pain system sensitivity.

Gradually, over time, you can keep nudging your pain system back toward a more 'normal' level of sensitivity.

People who have recovered tell us that these attributes helped them the most on their journey:

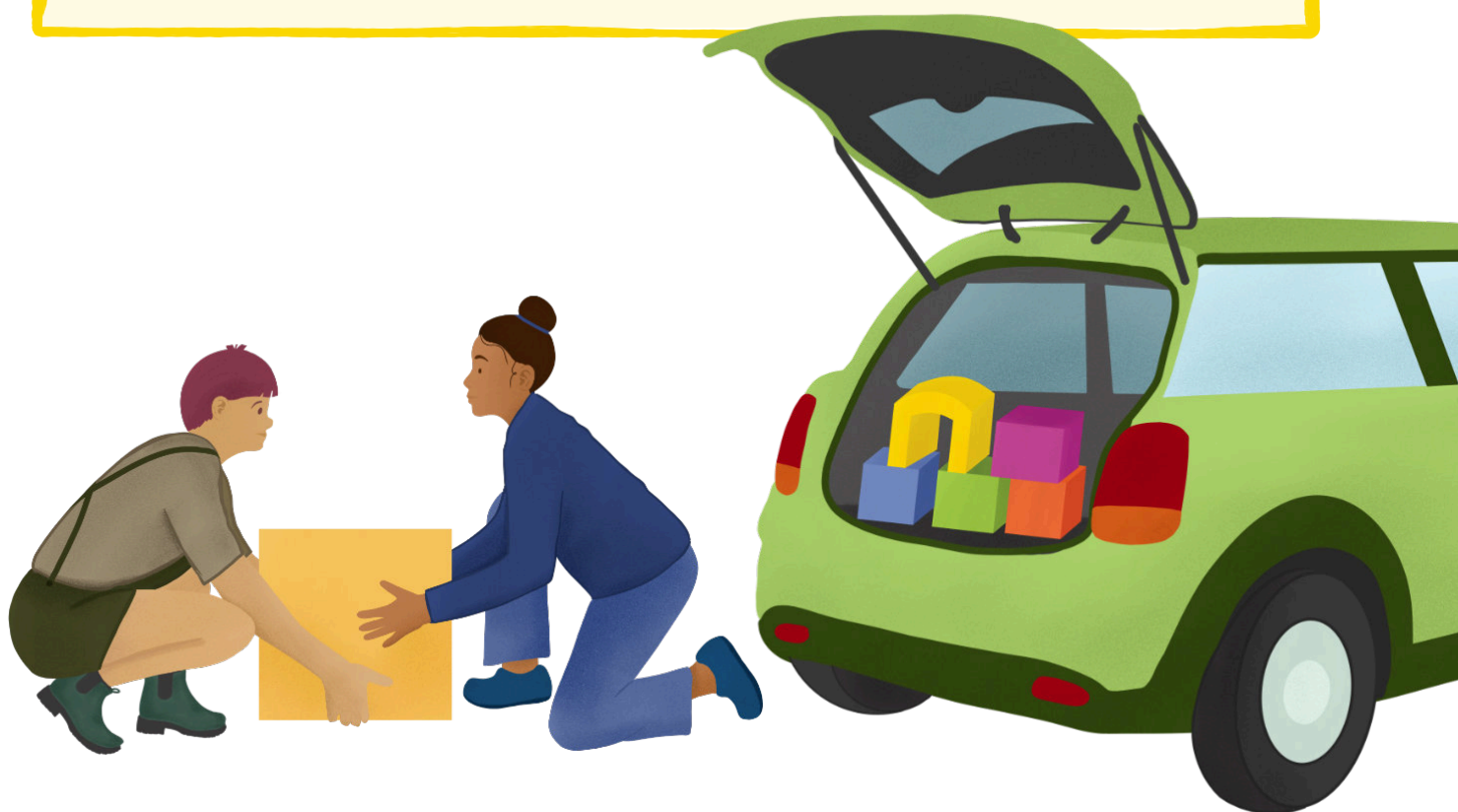




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There are people who can help.

- These changes take time. It helps to have a team.
- Find a pain informed health professional to be on your team.
- Work with your team to become a true expert. You will get better and better by making a proactive recovery plan and putting it into practice.
- Recovery will look different for each person.



It's not an easy journey, and there may be setbacks along the way, but with time and practice you can move towards the life you want.

Your journey to recovery has already started.

Can't find a good coach? There are very helpful resources on the web. Start exploring them here!

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