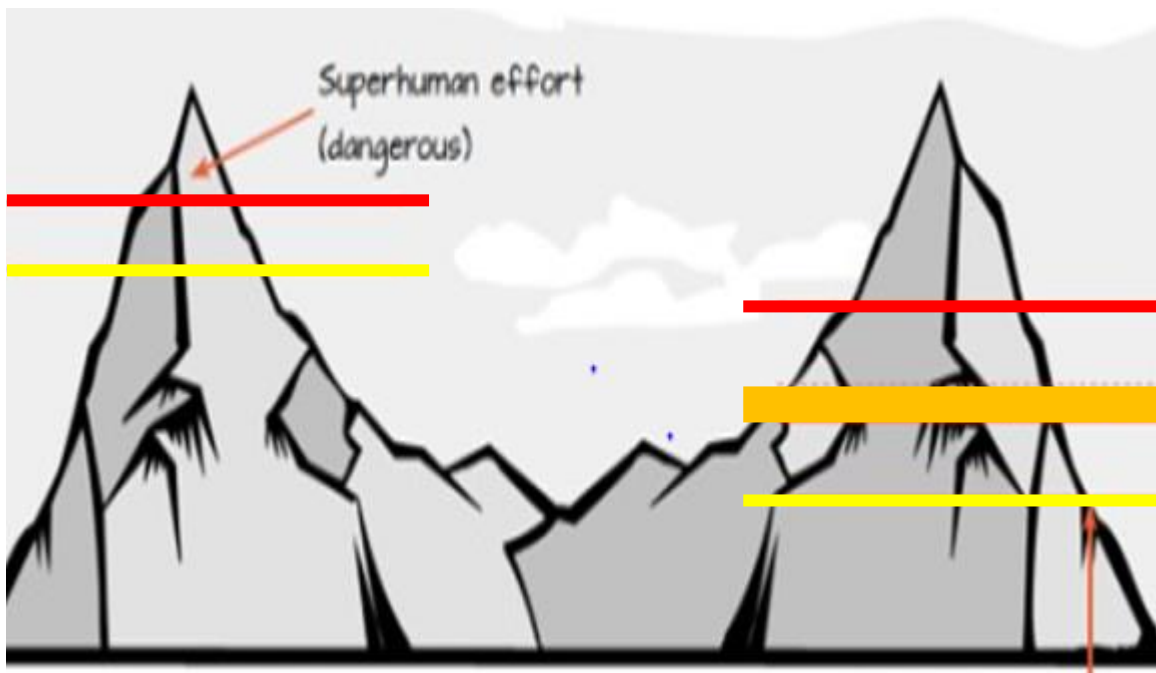


When doing things hurts

If your pain is triggered by physical activities, it is normal to worry whether the activity is safe for your body.

To illustrate why it is safe for you to do everyday activities, let's look at the relationship between pain and tissue damage.

The image below uses the effort and strain needed to climb a steep mountain as representation of physical activity. On the **left** hand side the red line represents **tissue damage**, the yellow line represents that **pain** is kicking in, as a protective mechanism in order to stop you carrying on and having tissue damage.



Following the development of chronic pain the lines on the right mountain peak have shifted. It is likely that tissue injury would now occur at an earlier stage (red line). However, pain is now triggered by much lower level of activity (yellow line). Importantly, the distance between the line that represents an increase in pain and the line of tissue damage are a long way apart.

Of note, the orange line represents a serious **pain flare** as well below the line reflecting tissue damage.

This image is to demonstrate the widening of the protective shield of pain. Pain is in overdrive to keep you safe. Chronic pain is likely to take you out of action well before you are at risk of causing tissue damage.

Remember – you may be sore, but you are safe