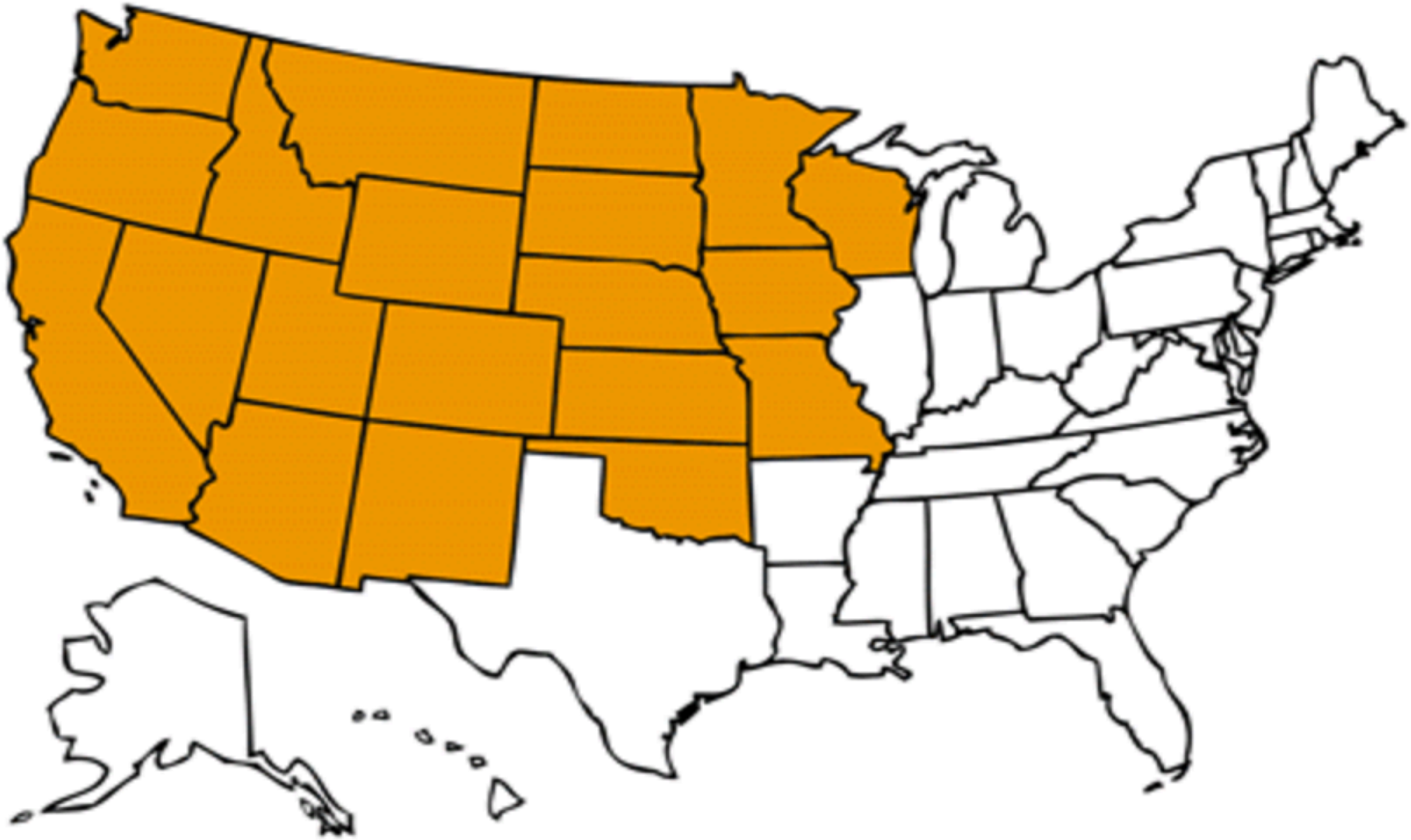
Engagement, motivation and fear with chronic pain: How to reach your potential

Anne Bishop, EdM

2016 CAST Symposium

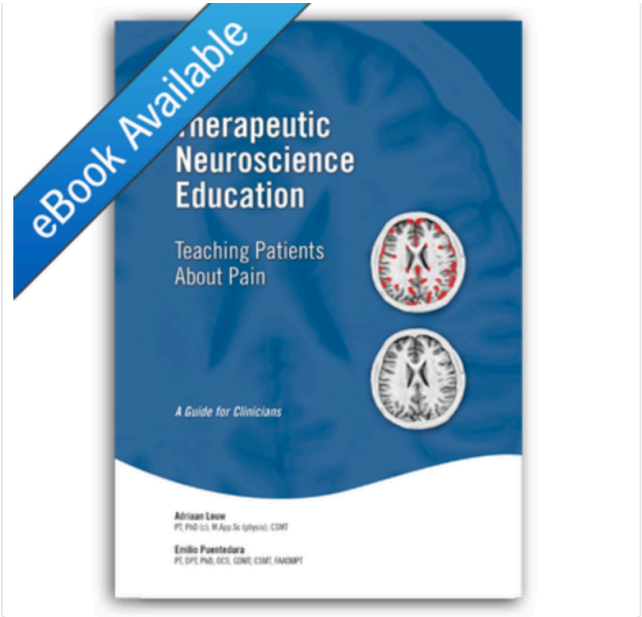


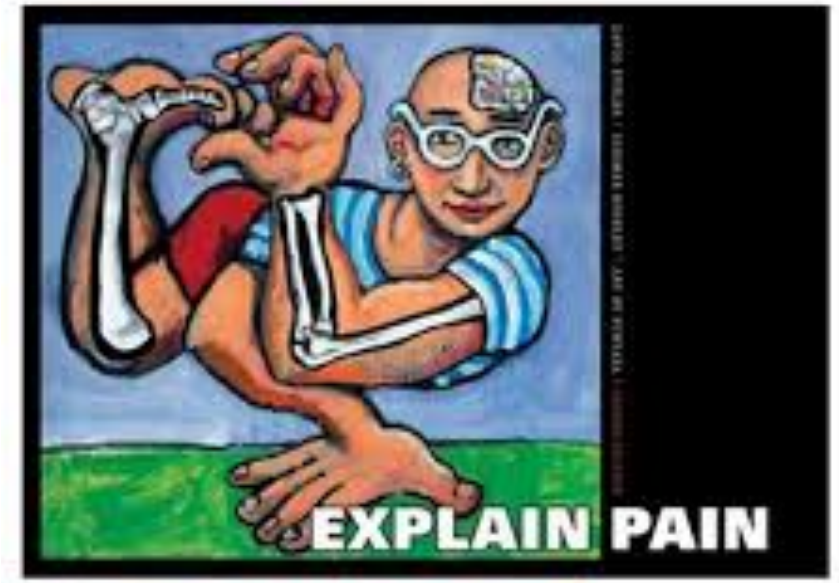
Representation of US population experiencing chronic pain


OxyContin®
(oxycodone hydrochloride
controlled-release) tablets
10 mg
Rx Only
100 Tablets
Purdue Pharma L.P.

Explain Pain &
Therapeutic Neuroscience Education (TNE)

- Using neurobiology education to understand pain





Pain Quiz
True or False

- When part of your body is injured, special pain receptors convey the pain message to your brain.
- The intensity of pain matches the severity of injury.
- In chronic pain, the central nervous system becomes more sensitive to nociception (danger messages from the tissues).

Pain is an alarm bell alerting our body to danger

Pain receptors do NOT exist only danger receptors

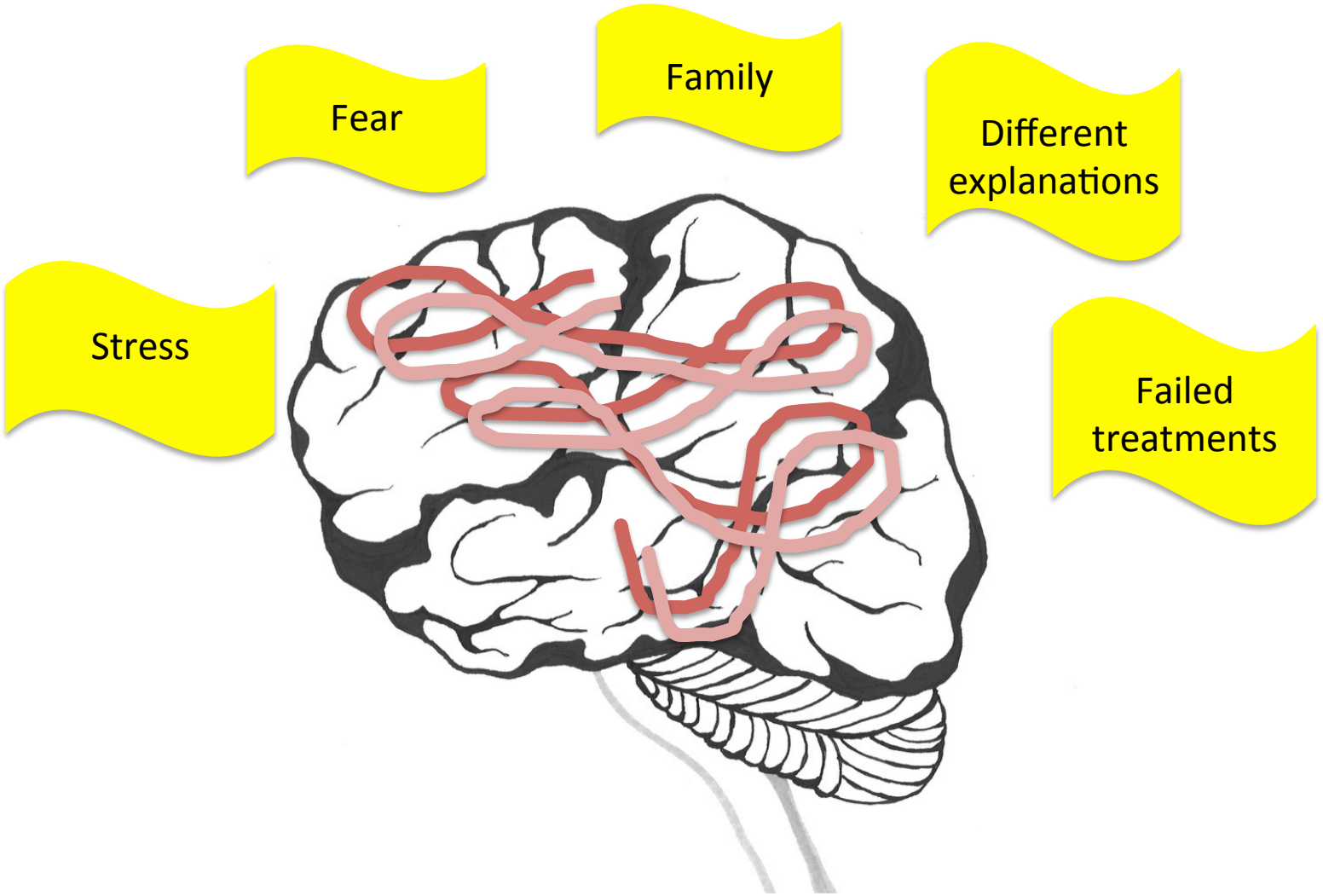
Your brain chooses to respond to the danger stimulus by creating pain as an alarm bell

Pain is created in the brain NOT the body

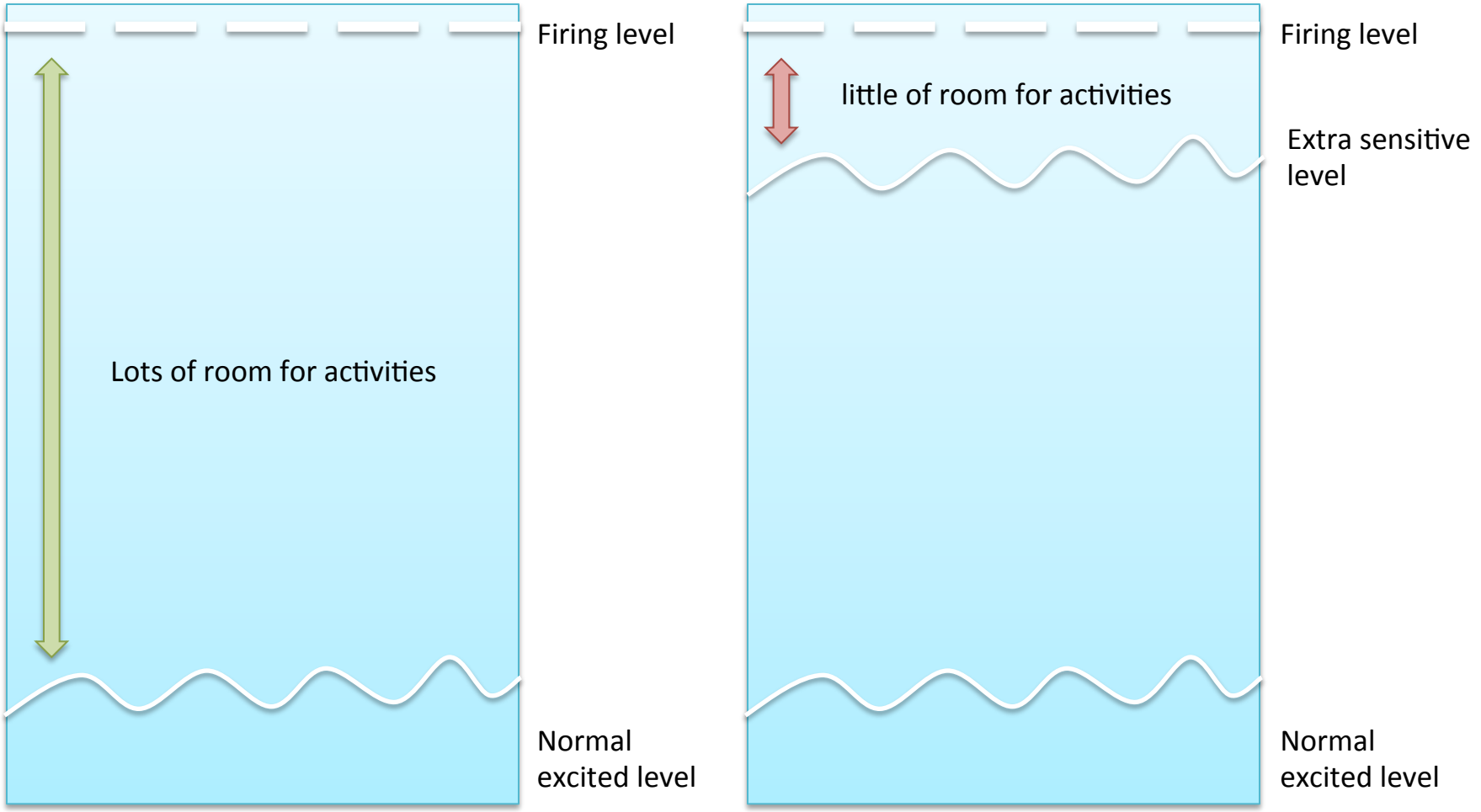
Once you are in chronic pain you can become hyper-sensitized to pain

Pain does not relate to tissue damage. It relates to how much danger your brain perceives you are in

Pain Patterns & Hypersensitization



Activity Level

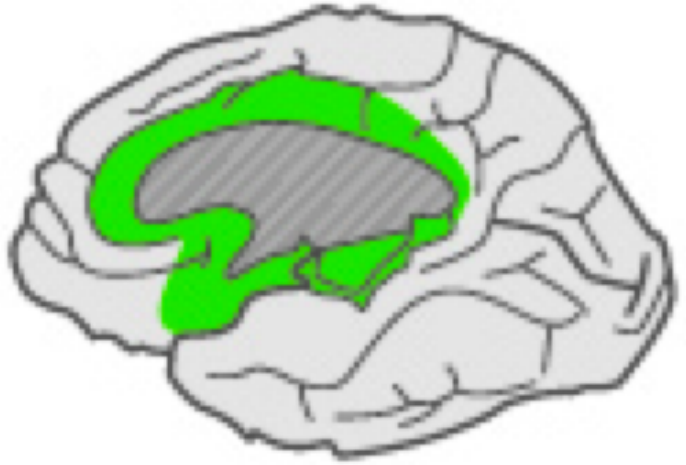


before pain

after pain

motivation & engagement with exercise for students in chronic pain

- ✓ Recruiting interest
- ✓ Sustaining effort and persistence
- ✓ Self-regulation



Provide Multiple Means of

Engagement

Purposeful, motivated learners

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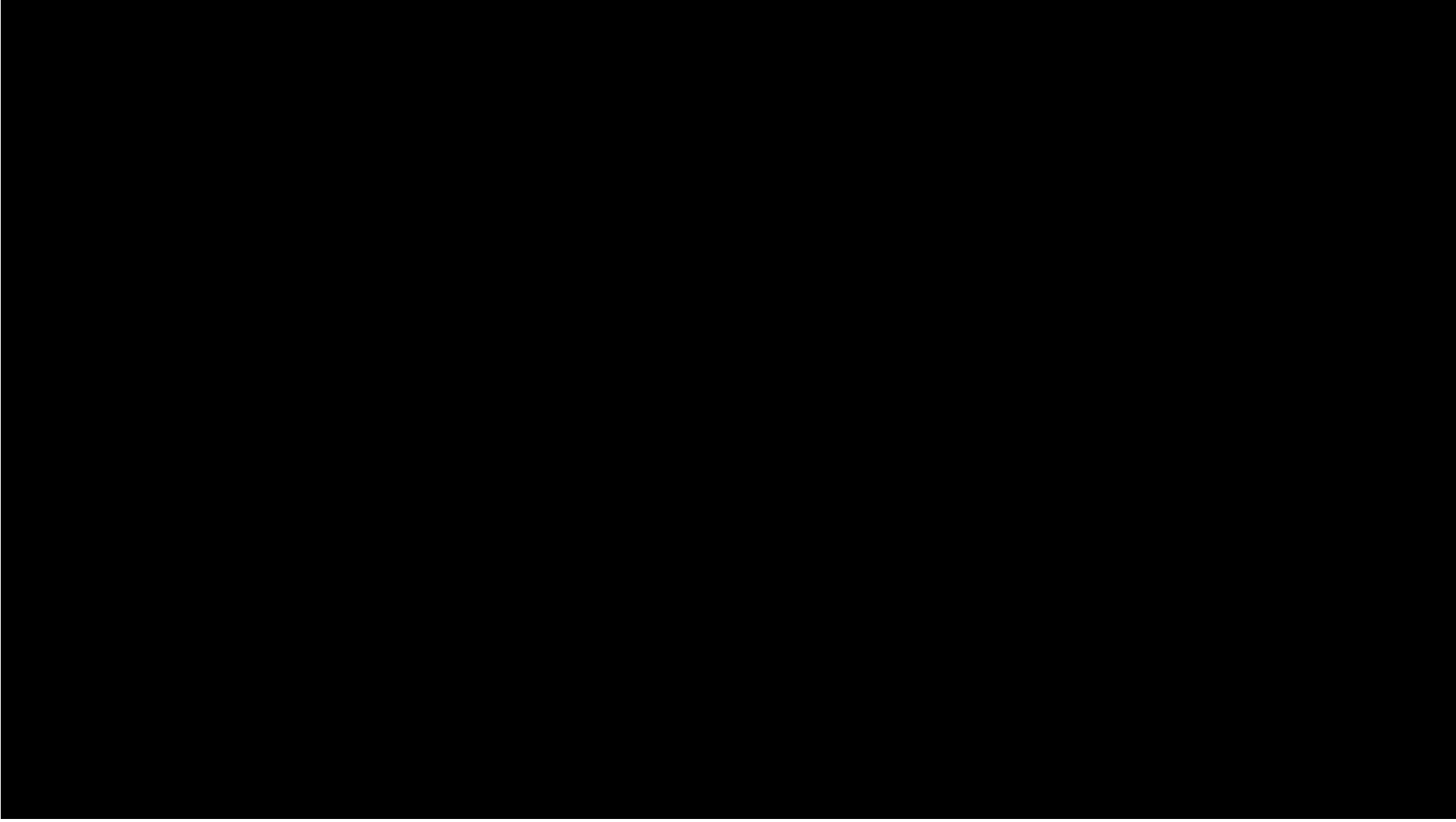

I would appreciate your session Feedback @ here

References

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Mosley, G. L. (2003). A pain neuromatrix approach to rehabilitation of chronic pain patients. *Man Ther*. 8:130-140