

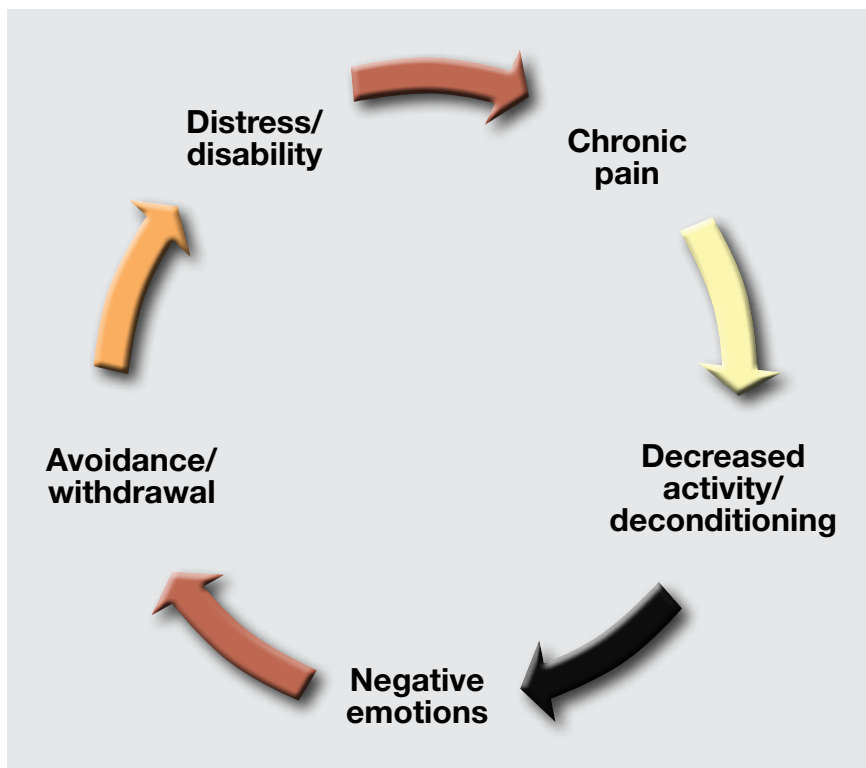
THE CHRONIC PAIN CYCLE

Many with chronic pain fear that movement will increase pain or cause physical damage/injury. This often leads a decrease in activities, which leads to physical deconditioning (e.g., less strength and stamina, weight gain). Dealing with constant pain may also lead to negative thoughts and emotions such as frustration and depression. All of these factors contribute to increased avoidance of people and activities.

While this cycle is understandable for those with chronic pain, it is *not helpful!* In fact, it actually makes your pain and its effects worse over time. Now that we are aware of the cycle, we must learn how to break it.

The Costs of Inactivity

- More pain
- Poorer physical fitness
- Less time with family and friends
- Depressed mood or increased irritability
- Lower self-esteem
- Increased strain on relationships
- Decreased quality of life



Remember: There's **HOPE**

If we understand the cycle, that gives us the power to break it!