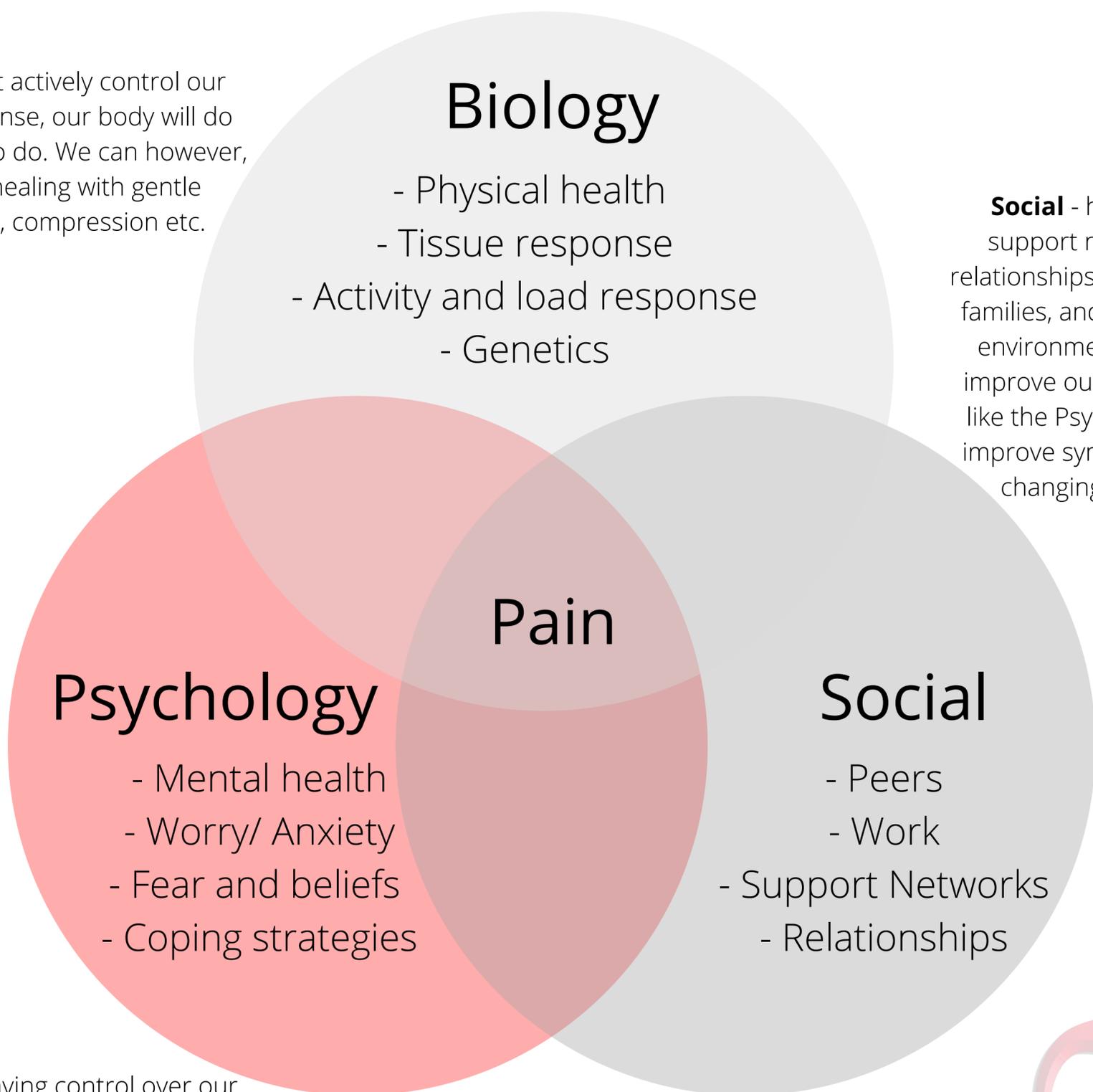


The Bio-Psycho-Social Model of Pain

This model demonstrates SOME of the factors that go into the pain experience. We often think it is just the 'bio' aspect, but there are other contributors along the way.

Why is this important to know? Because pain is a multi-factorial output to the threat of ACTUAL OR POTENTIAL tissue damage. To master the pain response, we must know what goes into the process, and what we can control.

Bio - we can't actively control our healing response, our body will do what it needs to do. We can however, promote healing with gentle movements, compression etc.



Social - having a good support network, good relationships with friends and families, and a healthy work environment can all help improve our wellbeing, and like the Psycho aspect, can improve symptoms without changing pathology.

Psycho - by having control over our thoughts and feelings, we can help reduce the experience of pain. Having low levels of anxiety, healthy coping strategies and not being fearful or having harmful beliefs about an injury can reduce the pain experience, with no change in pathology.

