



THE BEST MINDSET TO AVOID CHRONIC PAIN

All injured tissues in the body will heal over time (usually in about 3 months). But pain can remain long after they heal. This is Chronic Pain. Having the proper mindset can help avoid having new (acute) pain turn chronic..

01

DON'T FEAR

Acute pain isn't pleasant, but it's supposed to occur. This will protect healing tissue.

02

DON'T FIXATE

When you keep focusing on your pain you put your nervous system "on guard." This hypervigilance drives the nervous system to be overprotective, causing more pain.

03

BE OPEN

Learning about pain and your body's response to injury can help your brain recalibrate its threat-detection system, and reassure you that your body is doing what it needs to get better.

04

BE CONFIDENT

When a professional tells you it's safe to move your injured area "despite the pain," approach the pain confidently. This way your nervous system doesn't feel the need to overprotect with more pain than necessary.