



Why Fear May Be Making Your Pain Worse

What is Pain-related Fear?

Pain-related fear refers to the fear of experiencing pain, which can be as distressing as the pain itself. This type of fear can manifest as a fear of movement, fear of injury, or fear of physical activity due to concerns that it might exacerbate pain.

When might we have pain-related fear?

- After an Injury or Surgery: Concern about re-injury or prolonged recovery period.
- Chronic Pain Conditions
- New or Unexplained Pain

Who might be susceptible to pain-related fear?

- Chronic Pain Sufferers
- Trauma Survivors: Individuals who have experienced significant injuries or surgeries.
- People with High Anxiety Levels:

Why is pain-related fear dangerous?

- Increased Sensation of Pain: Fear can amplify the perception of pain, making it feel more intense.
- Psychological Impact: Leading to increased stress, anxiety, and even depression.

How does pain-related fear harm us?

- Avoidance Behavior: Avoiding movements or activities which might actually be therapeutic
- Physical Harm: Avoiding activities can lead to muscle weakening, reduced mobility, and overall physical deconditioning.

What You Can Do

- Education: Understanding pain and the natural healing process can reduce fear.
- Gradual Exposure:
- Professional Support: Speaking with a physical therapist can provide personalized support.