



TYPES OF PAIN

ACUTE:

- Short-term, sudden pain
- Starts as sharp, intense pain and gradually improves with healing



CHRONIC:

- Long-term pain (more than 6 months)
- Can range from mild to severe on any given day
- Tense muscles, lack of energy, limited mobility



VISCERAL:

- Pain from your internal organs
- Difficult to identify exact location of pain
- Symptoms include Pressure, aching, squeezing, cramping, stomach ache



NEUROPATHIC:

- Results from nervous system damage
- Symptoms include numbness/tingling, electric shock-like pain, burning, or shooting pain

