

PAIN

Pain is a sensation causing discomfort and may last a short time (less than 3 months) or a longer time (lasting more than 3 months).



About a third of all stroke survivors will experience pain.



Shoulder and/or arm pain are the most common.

The 3 main types of pain experienced post stroke are



INJURY PAIN
(Muscle, ligament, bone and joint)



NERVE PAIN
(Shooting, pins and needles)



CENTRAL PAIN
caused by damage to certain areas of the brain
(Burning, sharp, and aching)



Pain, **if not treated**, can lead to changes in mood, sleep and may impact your day to day activities.

WHAT YOU CAN DO



Seek treatment as soon as possible to avoid long term problems.



Monitor your pain to determine which activity makes your pain better or worse.

WAYS TO MANAGE PAIN MAY INCLUDE:



Medications



Activity/
Exercise



Relaxation
techniques



Equipment/
Positioning



Electrical
stimulation



Pain
Programs

TALK TO YOUR HEALTH CARE PROVIDER ABOUT A TREATMENT PLAN THAT IS RIGHT FOR YOU.