

# Did you know?

## Not all pain is the same

Acute pain is caused by tissue damage.  
Chronic pain occurs when pain signaling is altered.

### Acute Pain Treatment



Resting or spending time in bed



Medication



Use of brace, sling, crutch or wheelchair

### Chronic Pain Treatment

Spending time out of bed doing activities



Cognitive and/or physical therapy +/- medication



Strengthening muscles with physical therapy

