

# Pain Explanation and Treatment Diagram

Hillel M. Finestone, MD  
Physical Medicine and Rehabilitation

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Ergonomics



“Machine–body connection”

1. \_\_\_\_\_
2. \_\_\_\_\_

Treatment

1. \_\_\_\_\_
2. \_\_\_\_\_

## Exercise



- Not enough  
 Too much  
 Just right

Treatment

1. \_\_\_\_\_
2. \_\_\_\_\_

## Sleep



- Poor  
 Not refreshing  
 Good

Treatment

1. \_\_\_\_\_
2. \_\_\_\_\_

## Habits



- Smoking  
 Alcohol  
 Diet

Treatment

1. \_\_\_\_\_
2. \_\_\_\_\_

**Other things that can affect, worsen or aggravate painful conditions – in anyone:**

1. Life in general
2. Financial problems
3. Stress/anger/fear/nightmares
4. History of physical abuse
5. History of sexual abuse
6. Alcoholism (you or your family)
7. \_\_\_\_\_
8. \_\_\_\_\_

Treatment

1. \_\_\_\_\_
2. \_\_\_\_\_

## Diagnosis

**What I DO think your problem(s) is/are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What I DON'T think your problem(s) is/are:**

- Bones     Nerves     Joints

**How can stress affect, worsen, aggravate or cause pain? “Mind–body connection”**

1. Adrenaline is squeezed into your bloodstream, your heart rate increases, your muscles tense up, and you sweat more. Your pain then increases and becomes more intense.
2. When you are injured, any stress that you feel can make the injury and the pain worse.
3. Relieving stress may relieve pain.