

Assessing Neuroplastic Pain

Neuroplastic pain often has recognizable characteristics or patterns. This list can help you identify if your pain might be neuroplastic.



1

Pain Originated Without Injury or Lasted Longer Than Normal e.g. pain from a sprained ankle lasted for 6 months when it should have healed in a couple weeks

2

Pain Originated During Time of Stress e.g. work stress, loss of loved one, new family member, financial stress

3

Symptoms Are Inconsistent e.g. bending sometimes causes pain, but not always

4

Large Number of Symptoms e.g. symptoms in multiple parts of your body, from unrelated physical conditions

5

Symptoms Spread / Move e.g. starts in lower back, then moves to the middle, or jumps from side to side

6

Symptoms Triggered by Stress e.g. worsens when you're rushing a work deadline, or having a conflict with family members



7

Triggers that Have Nothing to do with Your Body e.g. weather, sounds, smells, time of day

8

Symmetrical Symptoms e.g. both thumbs, both wrists

9

Delayed Pain e.g. symptoms come only after an activity, not during

10

Childhood Adversity e.g. family tension, strained relationships, abuse, academic pressure, bullying

11

Certain Personality Traits e.g.

*Perfectionism – Writing an email for 20 mins to get it perfect.

*People pleasing – Running errands for your mom because you can't say 'no', even though you're sick and need to rest,

*Anxiousness – Not wanting to be late so you arrive 10 minutes early, but you don't want to be the first one to arrive so you wait until you see other people go in

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Lack of Physical Diagnosis e.g. doctors don't know what's causing your pain. Or you have some of the other characteristics listed above.

Does your pain have some of these characteristics?
Get in touch for a more comprehensive assessment.



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