

# Describing Your Pain

A NAPA PAIN INSTITUTE INFOGRAPHIC



## ACUTE PAIN

Acute pain might be caused by many events or circumstances, including surgical pain or traumatic pain, for example: broken bone, cut, or burn



## CHRONIC PAIN

Chronic or persistent pain is pain that carries on for longer than 12 weeks despite medication or treatment



## NERVE PAIN

### (NEUROPATHIC PAIN)

Shooting, burning, stabbing, or electric shock-like pain; tingling, numbness, or a “pins and needles” feeling



## BONE, JOINT AND MUSCLE PAIN

### (NOCICEPTIVE PAIN)

Nociceptive pain is a type of pain caused by damage to body tissue and feels sharp, aching, or throbbing



## SCIATICA PAIN

### (RADICULAR PAIN)

Is a type of pain that radiates from your back and hip into your legs through the spine and the pain travels along the spinal nerve root



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