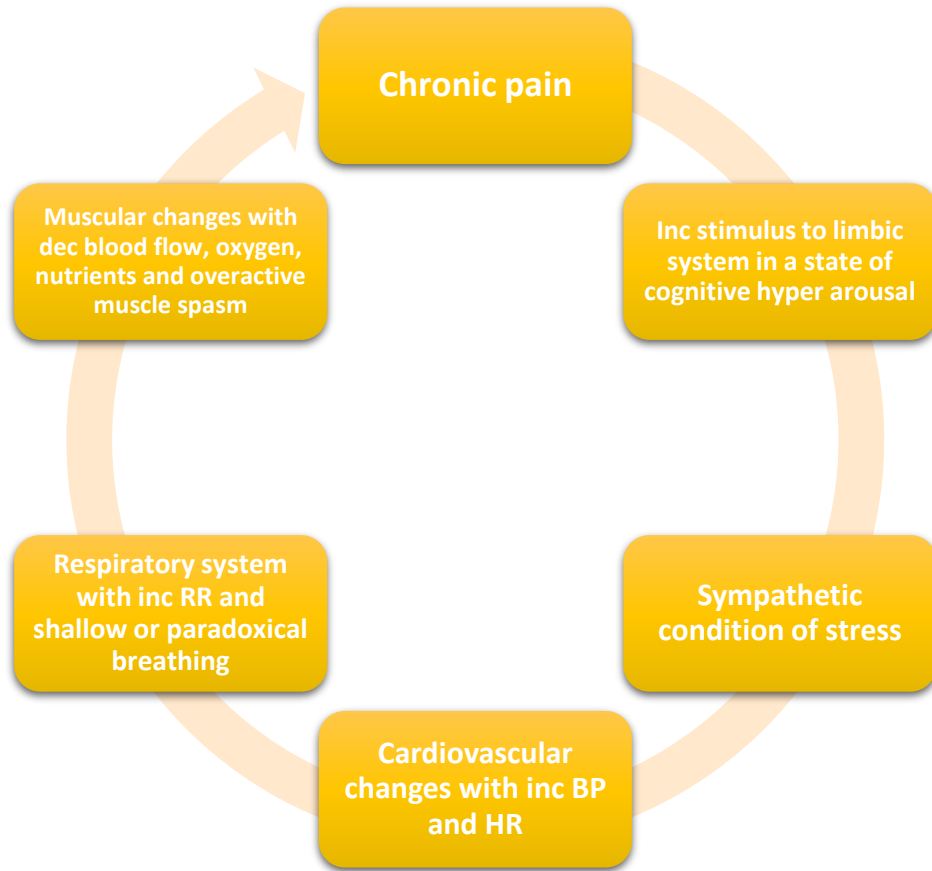
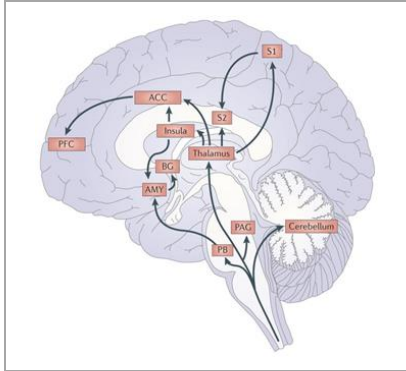


Chronic Pain and the Musculoskeletal System

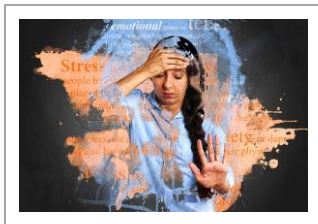


Chronic Pain



Multiple pain-related brain pathways are associated with the different aspects of the pain experience. Pain perpetuates sympathetic overload and cognitive hyper-arousal.

Sympathetic vs Parasympathetic

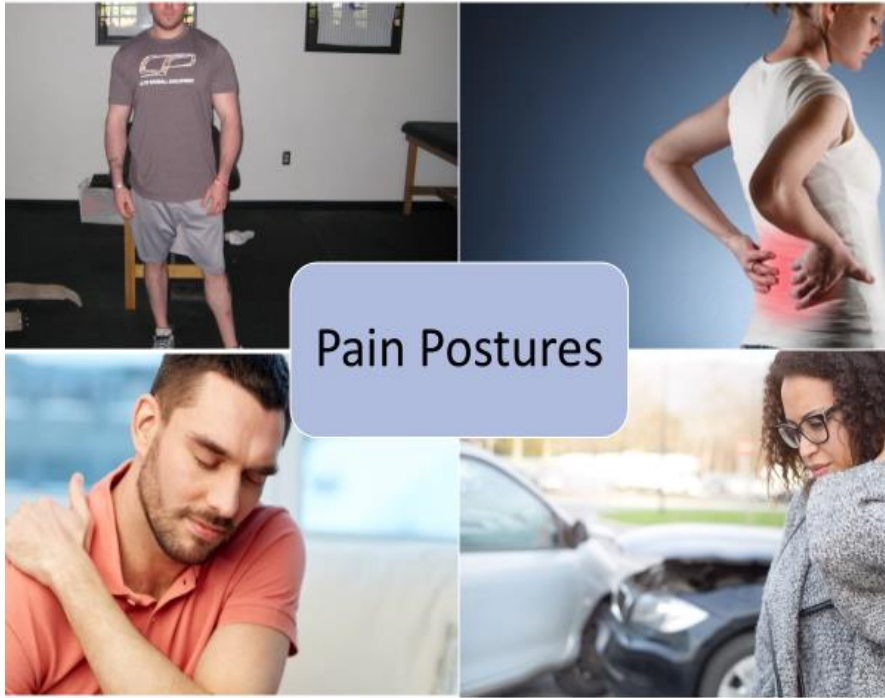


What makes pain, “pain” is usually how unpleasant it is. It is the discomfort that motivates the individual to flee, fight or freeze. Pain is generally associated with heightened emotion and anxiety

Systems Affected

- Nervous system: hyperarousal
- Cardiovascular: increase BP/HR
- Pulmonary: increase RR, increase use accessory breathing
- Decreased gut mobility
- Musculoskeletal: patterns of tight and weak musculature





Pain Postures

Individuals with pain exhibit postures that are closed, restricting good diaphragmatic movement. Static posture is related to dynamic posture and causes imbalance in the way we move. Overloading of tissues occurs and pain results. Both bilateral and one-sided patterns occur.



Diaphragm function is an important part of chronic pain. If the diaphragm is working properly it calms the nervous system, decreases heart rate, increases gut mobility and normalizes muscle tightness patterns. Our specialists at Canton Physical Therapy can assess and treat certain type of diaphragm disorders as they relate to the musculoskeletal system. Make an appointment to be evaluated today!

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