



IMG PHYSICAL THERAPY

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Chronic Pain: Why am I still hurting? *Central Sensitization*

What is Central Sensitization (CS)?

- A form of chronic pain
- Nerve connections in your brain have changed due to a constant/chronic pain
- You may be more sensitive to painful occurrences
- An abnormal state of responsiveness to normal sensations

Common Conditions Linked with CS

- Fibromyalgia
- Chronic fatigue syndrome
- Temporomandibular disorder (TMD)
- Psychosocial issues (i.e. anxiety, depression)
- Whiplash Associated Disorders
- Low back pain
- Shoulder pain
- Knee pain



The body's nervous system is like an alarm system....

It is designed to warn us of danger. However, with chronic pain, the alarm system can be easily triggered or stuck in the “on” position. The alarm system thinks there is a danger or threat to your body, but with chronic pain it's a false alarm. It's like a fire alarm that goes off when there is no fire.

What can physical therapy do?

- Hands-on treatment
- Aerobic exercise
- Strength training
- Pain education

What can you do at home?

- Download the “Orientate” or “Recognise” App to practice your left/right differentiation skills
- Set goals for yourself – focus on function, not your pain!
- Remember: MOTION IS LOTION
- Continue your normal social activities