

ACUTE VS CHRONIC PAIN



NOT ALL PAIN IS THE SAME.



ACUTE PAIN



- **Sudden** and due to something **specific**
 - broken bones, surgery, cuts, burns, childbirth, dental work, etc.
- **Sharp** pain
- Goes away when there is **no more underlying cause** for pain
- Most **common**
- Lasts **less than 3 months**
- Can **turn into chronic** pain

CHRONIC PAIN



- **Ongoing** and lasts even **after recovery** from an injury or illness
- Pain signals can remain active for months or years which **lead to:**
 - headache, back pain, tense muscles, diabetes, cancer, nerve pain, etc.
- Lasts **more than 3 months**
- Can be **on or off**
- Can cause **emotional effects**
 - anxiety, anger, depression, fear



Sources: clevelandclinic.org | **Provided By:** mededmaterials.org

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