

PAIN RELIEF

The project is done by
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What is pain?

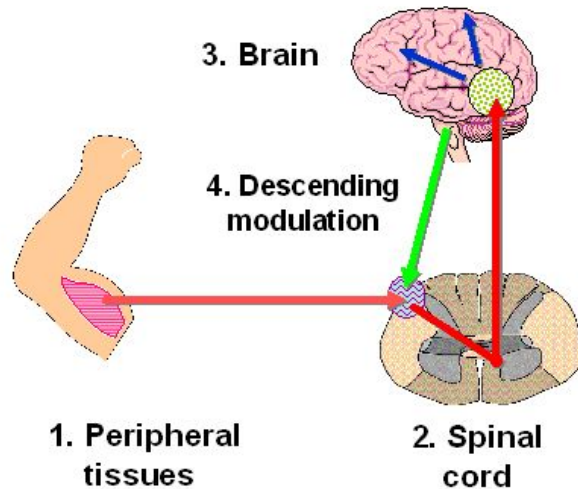
**The American
Academy of
Pain Medicine:**

*“An unpleasant
sensation and
emotional response
to that sensation”.*



How does

pain appear?



Pain happens when nerve endings in our skin and our internal organs send messages through the central nervous system to our brain.

Pain cycle



Rubbing

the part that hurts

Stimulating touch signals closes a “gate” to pain signals.



Acupuncture

The acupuncture technique that has been most studied scientifically involves penetrating the skin with thin, solid, metallic needles that are manipulated by the hands or by electrical stimulation.



Hypnosis

Hypnosis is "a trance state characterized by extreme suggestibility, relaxation and heightened imagination."



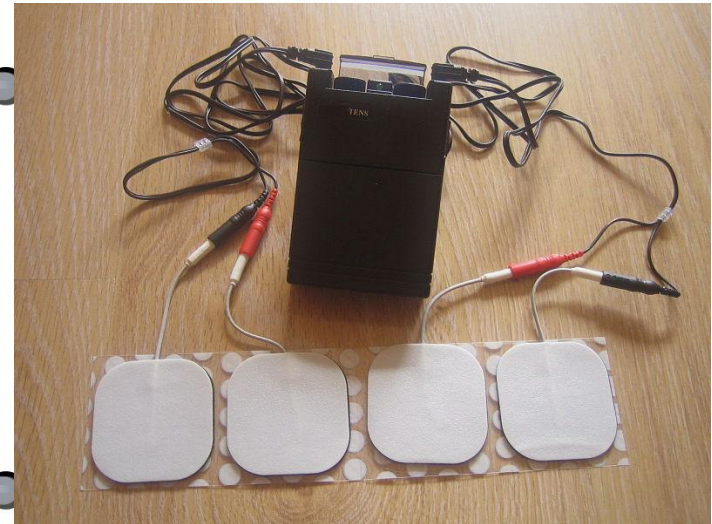
Massage

Massage is the practice of applying structured pressure, tension, motion or vibration- manually or with mechanical aids- to the soft tissues of the body to achieve a beneficial response.



Electronic stimulation of nerves

Transcutaneous electrical nerve stimulation (acronym TENS) is the use of electric current produced by a device to stimulate the nerves for therapeutic purposes.



Analgesics



Psychological stress can shut off pain

