



What is PNE? Pain Neuroscience Education

PNE is education for patients about the body's pain mechanisms. Our old approach was to teach you about the mechanical cause of your pain, i.e. muscles, tendons, joints, discs, arthritis, etc. We now know through scientific research that the mechanisms of pain are much more than the mechanical parts and include how one's nervous system responds to injury or inflammation.

For decades, medicine has explained pain in terms of a response to an injury, a mechanical phenomenon (the biomedical or mechanical approach). But this does not account for chronic (persistent) pain. Tissues heal at a predictable rate. Most injuries have healed by 3 months though some may take up to 6 months. However, this model does not explain pain that persists beyond that time frame. PNE explains why some folks continue to experience persistent pain.

PNE explains pain in terms of what is happening in the nervous system. It explains how the environment and setting in which the person lives, how they perceive their injury and pain, as well as the emotions and stress they experience, can cause the nervous system to increase one's pain. This is the biopsychosocial model. (**Bio**: your biology, **Psycho**: the release of chemicals from emotional responses affect the nervous system and other systems within the body such as immune, endocrine, adrenal, and more; and **Social**: How one's social context influences all of the responses of the body's systems.)

What is included in the education?

- Pain is NORMAL. It is OK. *You* are OK.
- Ongoing pain is most likely due to a nervous system that has perceived the pain and other circumstances in one's life to be a threat and is therefore "on alert" causing it to be more sensitive and reactive, therefore creating more pain.
- We encourage patients to get moving. It really helps with pain control.
- Research has proven that the more individuals understand pain, the better they are able to control and decrease it.



PNE is *not* going to tell you that your pain is all in your head. Pain is not imaginary, it is very real. PNE will help you understand why you have pain and how to control and reduce your symptoms.