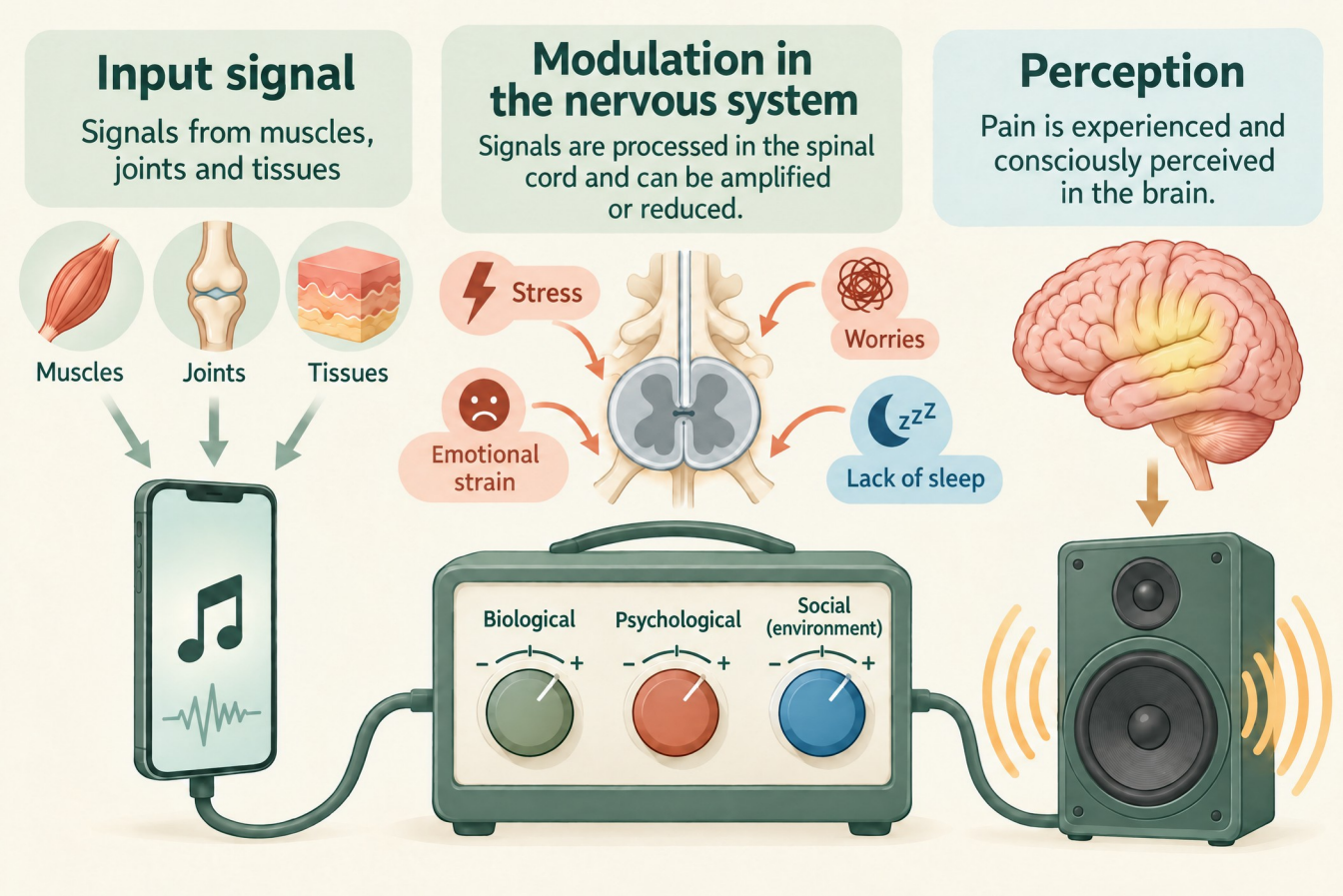
# Understanding pain

*Why pain sometimes becomes more intense*

OSTEO+

Pain is real, but its intensity is not determined by the tissues alone. The nervous system interprets and processes incoming signals. This metaphor helps explain how it works.




### 1 The input signal can be strong

With an acute injury, the signal coming from the body can indeed be strong. This is important information, but it is not the only factor.

### 2 The amplifier can be more sensitive

Stress, worries, lack of sleep, emotional strain and other factors can make the nervous system more alert to possible danger.

### 3 Pain is still real

A loud “amplifier” does not mean that the pain is imaginary. The experience is real; its “volume” is influenced by several factors.

## What can help?

The nervous system can learn to process signals with less alarm again. Movement, suitable exercises, sleep, a sense of safety, clear information and individually tailored therapeutic support can help. Together, we will discuss which steps are right for you.

**Clinical context:** *The amplifier metaphor is a simplified explanation. Pain does not arise solely at the site of a stimulus or injury. It is a real experience that emerges from the interaction between the body and nervous system. Based in part on the IASP revised definition of pain (2020).*