

Patient information

What is pain?

What is Pain?

There are two main types of pain:

- **Acute pain begins** suddenly and doesn't last for too long.
- **Persistent (or Chronic) pain** is pain that lasts longer than three months.

Why do we get pain?

Pain is like a warning, just like a low battery light warning on our phone to tell us something is wrong or needs attention.

It is our body's way of telling us that we are either harming ourselves or about to hurt ourselves so that we can do something to stop it.

An example- when you touch something hot, the pain makes you move your hand to stop you burning it. This is acute pain.

Pain is a message created by your brain telling you to protect yourself.

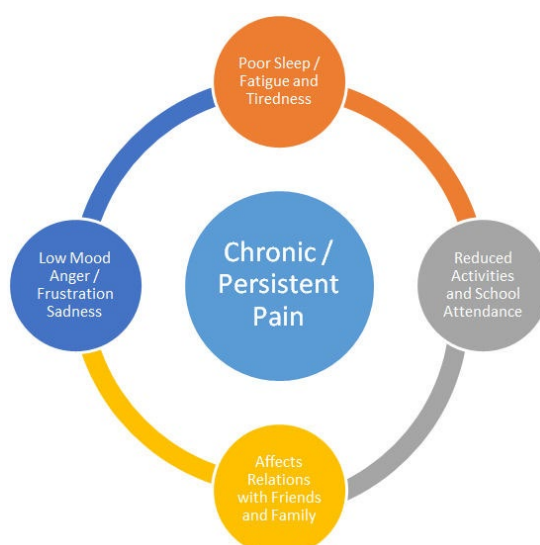
So, what is persistent pain?

Sometimes pain sticks around longer that it needs to. The usual medical treatment doesn't often work very well for this long-term pain (over 3months).

When this happens, the brain seems to be confused sending pain messages to the area when it doesn't need to.

This video helps to understand other factors that can influence persistent

<https://www.youtube.com/watch?v=PmGwRpXp2QE>



How can physiotherapy help?

When in pain it can be scary to think about exercising as there is the concern it could cause more problems and increase pain.

A physiotherapy assessment will help support this and help to prepare the body for movement and exercises.

Physiotherapy will also advise on:

- Pacing activities
- Awareness of general activity levels
- Strengthening exercises
- Stretches
- Diet
- Sleep hygiene
- Return to sports
- Exercise programmes
- Body care

Sources of information

[Pain in Children: Management - International Association for the Study of Pain \(IASP\) \(iasp-pain.org\)](http://www.iasp-pain.org)

[Ways to manage chronic pain - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Disclaimer

Please note this is a generic ESHT information sheet. If you have specific questions about how this relates to your child, please ask your doctor. Please note this information may not necessarily reflect treatment at other hospitals.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
MSK Physiotherapy Paediatric special interest group
Mrs L Cassidy, Advanced practitioner MSK Paediatrics
Mrs Jo-anne Dartnell Paediatric Orthopaedic Consultant
Mr Kyle James Paediatric Orthopaedic Consultant

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