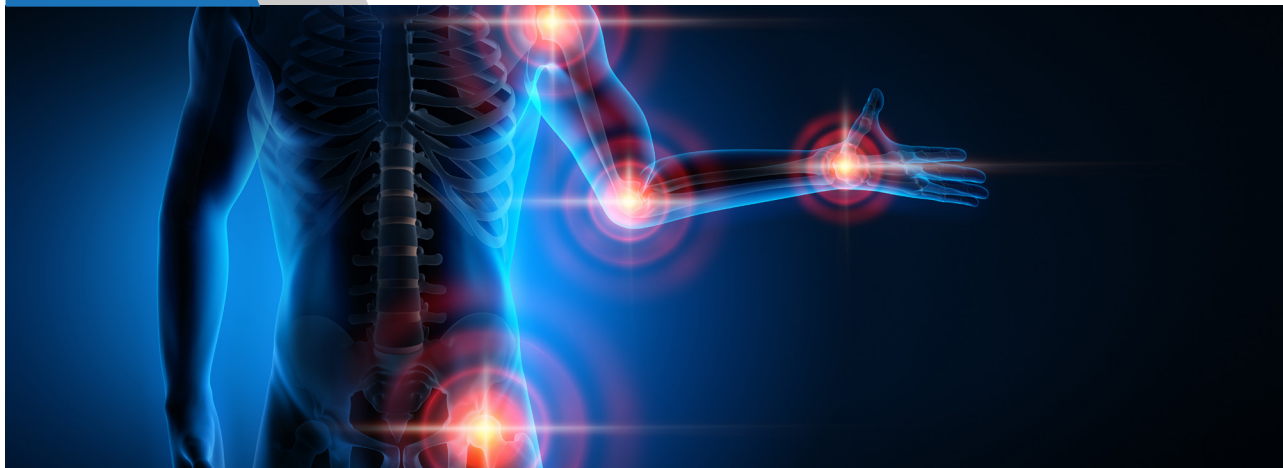




How to Explain Pain

This class will give you an understanding of pain and the role that the brain has to play in the perception of pain. Pain is a common reason for people to seek chiropractic care. This class will allow you to understand pain from the point of view of the nervous system.

BASIC SCIENCE LEVEL 1 CLASS 10



LESSONS & LEARNING OUTCOMES

1. The role of the brain in pain perception

- Learn how the brain perceives pain and why this is so important in understanding the role of chiropractic and its influence on pain. This will give you a foundational understanding of some of the concepts we will learn throughout the class.
- It will also give you a greater understanding of why the nervous system is so important for the function of our body.

2. Pain is created in our brain

- This lesson will cover important information about how pain is created in our brain.
- We review how this occurs and the importance of good brain and spinal function so that we are perceiving pain accurately.
- The information in this lesson is key to understanding pain.

3. Neural plasticity

- We delve into the incredible actions of the human brain and give you a greater understanding of how influential this organ is to the function of our body.
- We discuss a concept that is very important to understanding chiropractic – neural plasticity.
- Learn how the brain adapts and changes based on the information it receives from the body and our environment.

4. Chronic pain

- The topic of chronic pain is becoming increasingly prevalent and very problematic to people and their daily lives.
- Learn about how pain can become chronic and the role of the brain in this process.
- This will give you important information to understand how chiropractic care can help people with chronic pain.

5. The sensory system

- We discuss the very important sensory system in the human body and how this relates to the sensation and creation of the feeling of pain.
- Understanding this is key to explaining the fundamentals of pain and how the brain is involved in creating pain.

TAGS

pain, pain perception, brain function, neural plasticity, pain concepts, brain, spinal function, chronic pain, sensory system, understanding pain

6. Pain is our alarm system

- We discuss the role of pain in signalling that something is wrong in the body, effectively pain acts like an alarm system.
- We examine how the sensory system creates the feelings of pain and the importance of this.
- We also cover when this alarm system can be functioning with too much sensitivity, causing pain issues.

7. Summary and take home messages

- We will go through the important take home messages that we would like you to get out of this entire class.
- These key messages will be summarized and explained so that you can have a good understanding of the content.
- This will allow you to be able to effectively explain what there is to know about pain.

TEACHER



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