



# 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. It will also allow you to effectively communicate the benefits of chiropractic care.

You will be able to explain that chiropractic is not only beneficial for spinal pain but for all aspects of pain because it is the brain that changes with chiropractic adjustments. This class covers how the brain affects pain perception. It will also discuss the concept of neural plasticity and how this relates to pain and chiropractic care.

## BASIC SCIENCE LEVEL 1 - CLASS 10



### LEARNING OUTCOMES

After taking this class the student will be able to:

1. Explain the purpose of pain, how the brain affects pain perception and neural plasticity.
2. Summarise the evidence regarding chiropractic care, brain function and pain.

## LESSON CONTENT

Every lesson has a practice quiz. At the end of the lessons there is a final quiz and if you pass the final quiz, you will receive a certificate of completion.

## ANIMATIONS (from ChiroHub.com)

1. [Pain is Created in your Brain](#)
2. [Understanding Pain](#)
3. [Pain is our Alarm System](#)

### 1. The role of the brain in pain perception

- In this lesson you will 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.
- I will go through 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

- In this lesson will go into the actions of the human brain and give you an understanding of how influential this organ is to the function of our body.
- This lesson will discuss a concept that is important to understanding chiropractic-neural plasticity.
- You will learn how the brain adapts and changes based on information it receives from the body and from our environment.

### 4. Chronic pain

- In this lesson I will cover the topic of chronic pain. This is something that is becoming increasingly prevalent and very problematic to people and their daily lives.
- You will 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

- In this lesson we will discuss the very important sensory system in the human body and how this relates to the sensation and creation of the feeling of pain.
- An understanding of this is key to being able to explain the fundamentals of pain and how the brain is involved in creating pain.

### 6. Pain is our alarm system

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

### 7. Take home messages

- In this lesson I 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 summarised and explained so that you can have a good understanding of the content that I have covered throughout this class.
- This will allow you to be able to effectively explain what there is know about pain.

### SUBJECT TAGS

Pain, pain perception, neural plasticity, brain function

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