
Exploring the Impact of Pain

What is pain?

- Pain is defined by the [IASP](#) (International Association for the Study of Pain) as follows: "Pain is an unpleasant sensory and emotional experienced associated with, or resembling that associated with, actual or potential tissue damage".

What types of pain are there?

- There are three categories of pain and a person can have more than one.
 - A. Nociceptive pain stems from actual or potential tissue damage.
 - B. Neuropathic pain comes from injury or disease of nerve tissue.
 - C. Nociplastic pain arises from altered pain signal processing despite no clear evidence of actual or potential tissue damage. The problem lies not in the “hardware” of the body, but in the “software” of the nervous system. Nociplastic pain is often misunderstood and can be difficult, but not impossible, to treat.

How does mental health affect pain?

- Mental health significantly impacts pain perception and management. Depression, anxiety, excessive stress, and poor sleep all increase pain via physiologic mechanisms. Addressing these factors can improve a person's experience of pain.

How do hypermobility syndromes affect pain perception?

- People with hypermobility syndromes may experience significant amounts of pain due to frequent painful (nociceptive) input into the nervous system. Allodynia (something that is not normally painful becomes painful like sheets touching your feet) and hyperalgesia (something normally slightly painful is more painful than expected) can be signs of nociplastic pain.