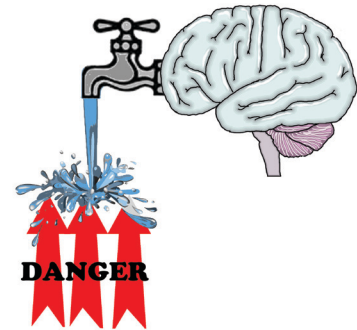


# Homework 10.1

## Tissue Issues: Questions

People who know more about their pain and how it works experience less pain. This allows the brain to produce a variety of pain medicine, helping you get better. The more you know, the better off you will be. Think about everything you learned about pain today. Write down any questions you may have so we can discuss them next time. This ongoing learning is key to your recovery.

- 1.
- 2.
- 3.
- 4.
- 5.

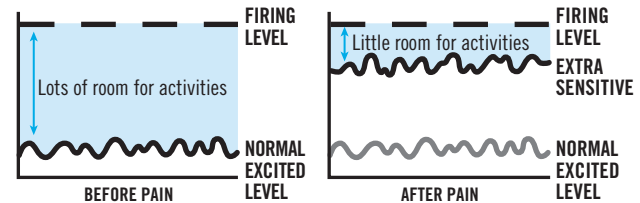


# Homework 10.2

## Tissue Issues: Extra-Sensitive Alarm System

Write down five things you used to be able to do before you developed pain. Then reflect on the fact that a main reason why you cannot do these tasks, or do them for very long, is due to your extra-sensitive nervous system, rather than an injury. Tissues heal.

- 1.
- 2.
- 3.
- 4.
- 5.



# Homework 10.3

## Tissue Issues: Tissues and Pain

Can you think of a time when you noticed a bruise, scrape or cut on your body, but couldn't remember when it happened? You experienced a tissue injury, but had no pain.

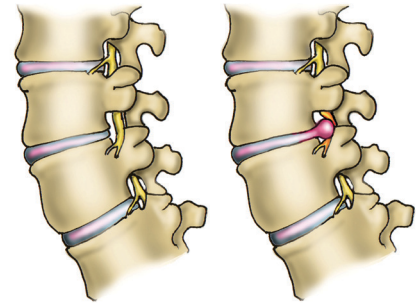
Can you think of any other cases where someone sustained a bad injury, but had no pain?



# Homework 10.4

## Tissue Issues: Bulging Discs

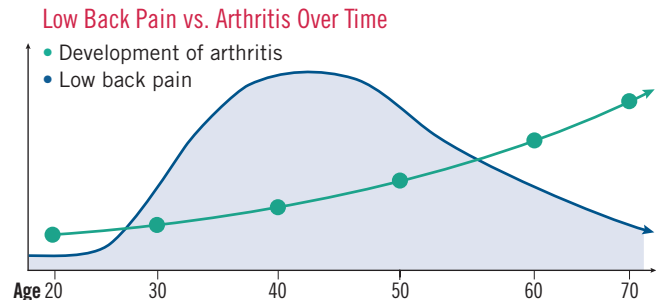
In your session, we talked about your tissues. Think for a moment, and write down why “bulging” discs may not be that big of a deal.



# Homework 10.5

## Tissue Issues: Arthritis

In your session, we talked about your tissues. Look at this graph. Explain this graph to a friend or family member, or write it down for yourself



# Homework 10.6

## Tissue Issues: Tissues Heal

It is well established that most tissues in the human body heal within 3-6 months. How long have you had pain? Write it down.

Duration of pain: \_\_\_\_\_

Look at the graph below, and think about how a large part of your pain is likely due to an extra-sensitive nervous system

