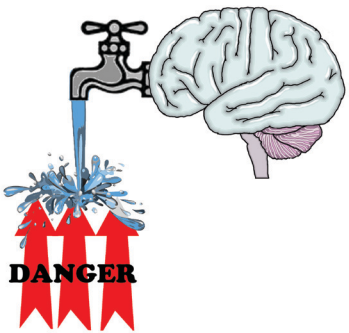
Homework 12.1

The Brain's Body Maps: 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.



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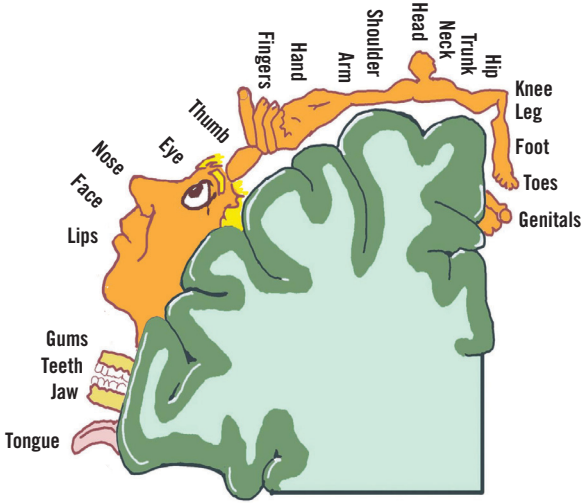
Homework 12.2

The Brain's Body Maps: Body Maps

Can you explain the body map image?

Use this image and explain the following concepts to your friends and family:

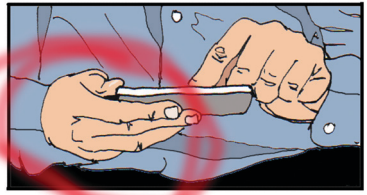
- Every brain has body maps.
- Using a body part keeps the maps sharp and in focus.
- When a body part is not used, maps become "blurred," which increases pain.
- Movement and use restore body maps, easing pain.



Homework 12.3

The Brain's Body Maps: Restoring Body Maps

- The ability to and speed at which you correctly recognize body parts is correlated with pain.
- Page through a magazine from the cover to the back; every time you see the same body part in which you're experiencing pain, circle it. Make sure to only circle left or right parts.
- For spinal pain (neck and back), circle which way the spine is moving.
- If looking at a body part causes some stress or pain (for example, a hand), look at feet.



Homework 12.4

The Brain's Body Maps: Restoring Body Maps

- Body maps remain sharp when the body part is used, moved and exercised.
- In some people, movement causes too much pain or fear.
- Thinking of movements/tasks allows the maps to be "exercised" without causing undue pain or stress.
- Find a quiet place. Think of a movement/task you'd like to do; close your eyes and imagine yourself doing the task—do it for a few seconds, and then open your eyes; relax and breathe. Repeat.
- If an imagined movement causes fear or even pain, back off and try other movements; return to that movement as you recover.