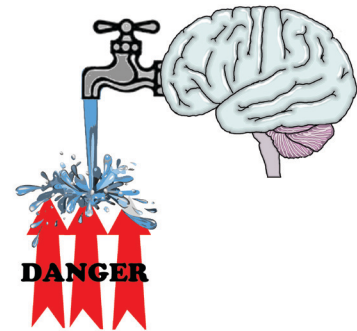


Homework 2.1

Sensitive Nerves: 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.

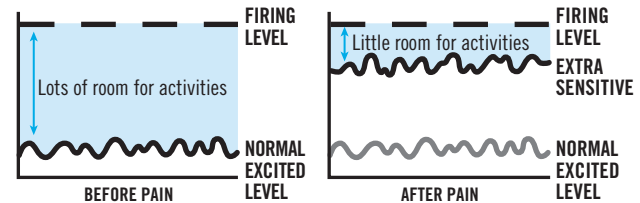


Homework 2.2

Sensitive Nerves: 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 2.3

Sensitive Nerves: Keeping the Alarm System Extra Sensitive

In people with ongoing pain, there are many issues going on that may keep the alarm system extra sensitive. Can you think of all the issues surrounding your pain that may be reasons why your body's alarm system has remained extra sensitive?

