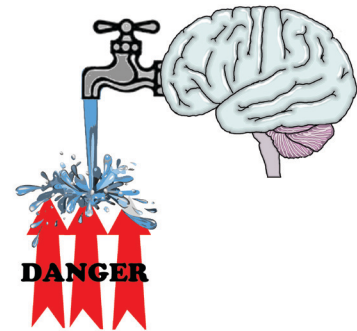


# Homework 3.1

## Nerve Sensors: 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 3.2

## Nerve Sensors: Explaining Nerve Sensors

It is not uncommon to experience increased pain when it's cold outside or when you are stressed. Can you explain this to someone? Use the images below and explain nerve sensors to your family and friends, or write it out on a piece of paper for yourself. Here's a refresher:

- The 400 nerves in the body have sensors in them.
- They can become sensitive to cold, stress and movement.
- The sensors get replaced all the time.
- Experiencing pain when it's cold out or when you're stressed is normal and can be explained. It tells you that it's cold outside or you're stressed.

