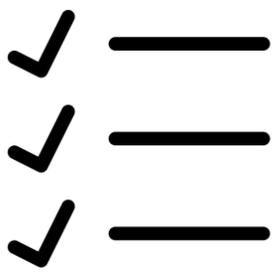


WHAT TYPE OF PAIN ARE YOU EXPERIENCING?

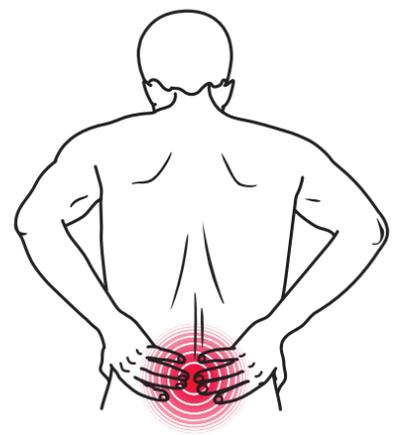


CHRONIC V. ACUTE

- Chronic pain is pain that lasts longer than 3 months and impacts your daily life
- Acute pain is pain that is no more than 3 months such as an injury or arthritis flare

MECHANICAL/COMPRESSIVE

Mechanical/Compressive pain is pain in the body's support structure such as spinal joints, discs, and the soft tissues.

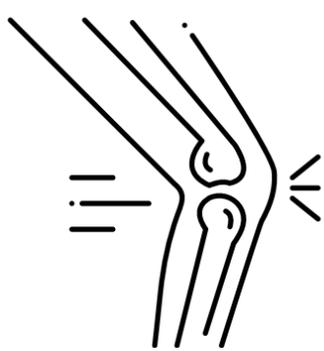


INFLAMMATORY

Inflammatory pain is caused by inflammation, which may be experienced as stiffness, tenderness and accompanying redness.

NEUROPATHIC

Neuropathic pain is pain in your nerve fibers, which can be experienced as a shooting or burning kind of pain or a tingling sensation.

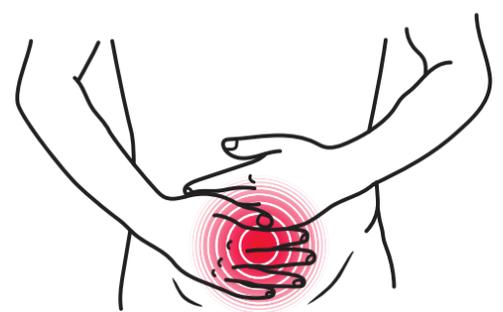


MUSCULOSKELETAL

Musculoskeletal pain affects the bones, muscles, ligaments, and tendons in your body

PAINSPOT

Learn where your pain may be coming from at www.painspot.org



SHARE WITH YOUR DOCTOR WHERE YOU FEEL PAIN