PAIN

Fear of Further Injury

Decreased Activity

Deconditioning

Weight gain/Negative self-image

Anxiety

Anger

Frustration

Sadness

Disappointment

Poor Sleep

Fatigue

Strained Relationships

Work, Partner, Family

Focus on Pain

Mindset Transition

“I have a painful condition”

“I am an injured person”

Catastrophizing

Thinking the worst

Dependence on Medication

Changes in the Brain

New pain pathways

Transition