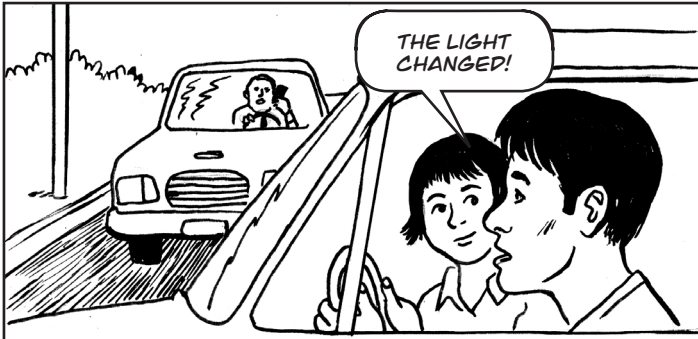
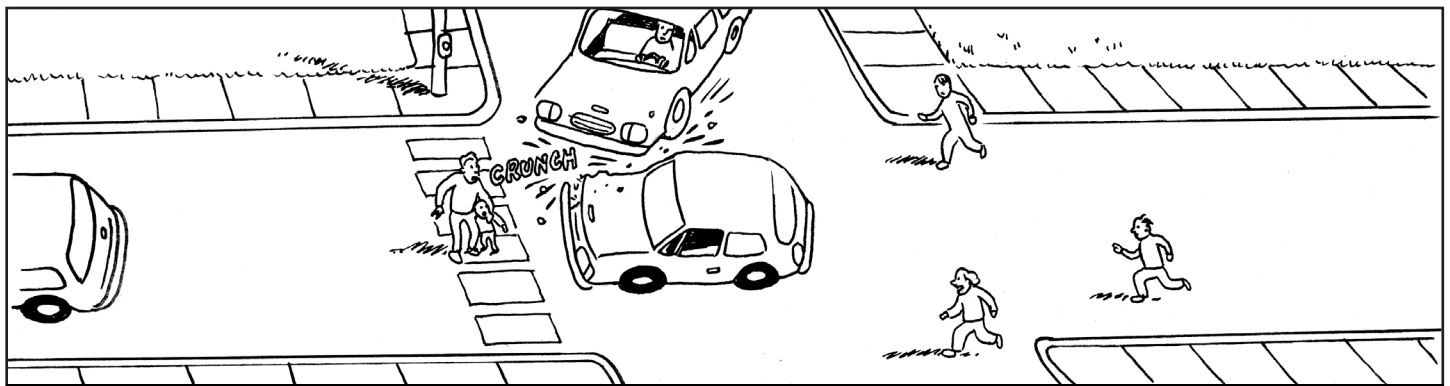
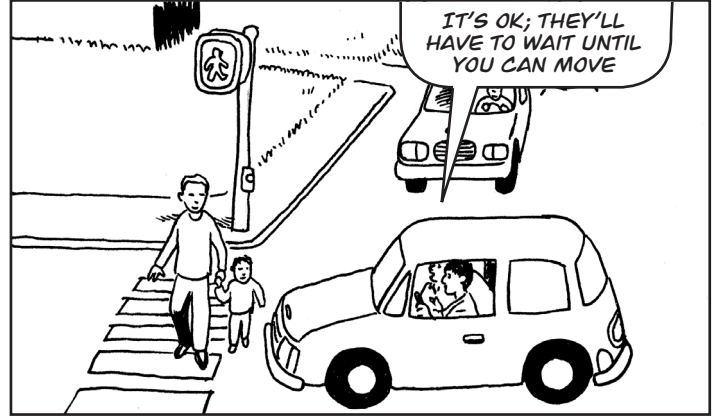


TRAUMATIC BRAIN INJURY AND CHRONIC PAIN

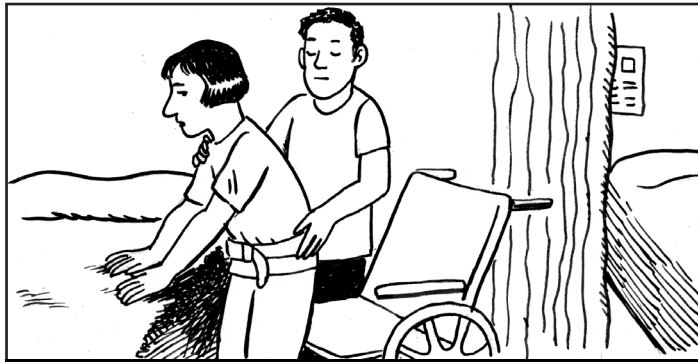
Part II: Co-occurring Injury and Pain



I WAS TEACHING MY SON TO DRIVE. WE STOPPED FOR SOME PEOPLE IN A CROSSWALK...



THE OTHER DRIVER WASN'T PAYING ATTENTION... THANKFULLY MY SON WASN'T HURT, BUT MY AIRBAG DISCHARGED WHEN THE OTHER DRIVER HIT MY DOOR. THE NEXT THING I REMEMBER IS WAKING UP IN THE HOSPITAL WITH A TBI AND A BROKEN HIP.



SINCE MY TBI I GET TIRED SO QUICKLY, AND WHEN I'M TIRED MY HIP PAIN IS WORSE.



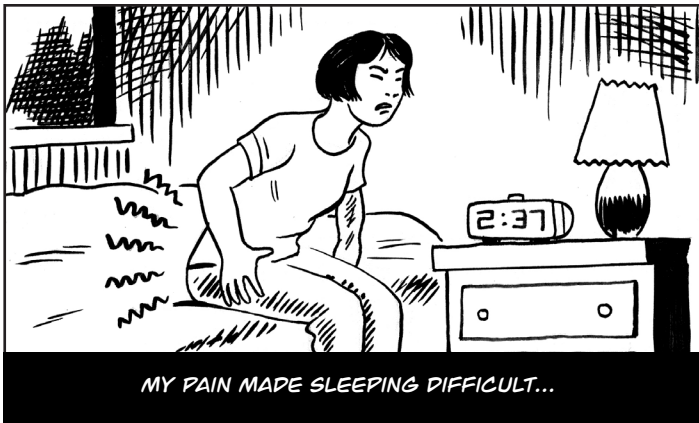
IT WAS GREAT TO BE HOME, BUT AT THE SAME TIME I WANTED TO WORK AS HARD AS I COULD TO GET BACK TO HOW I WAS BEFORE MY INJURY.



PAIN FROM MULTIPLE INJURIES CAN BE HARDER TO TREAT BECAUSE THE SYMPTOMS MAY ADD TO EACH OTHER.

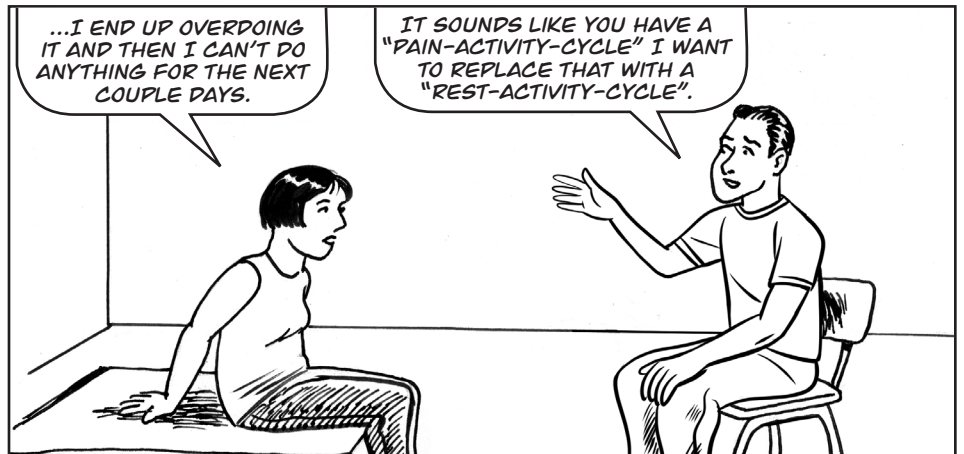
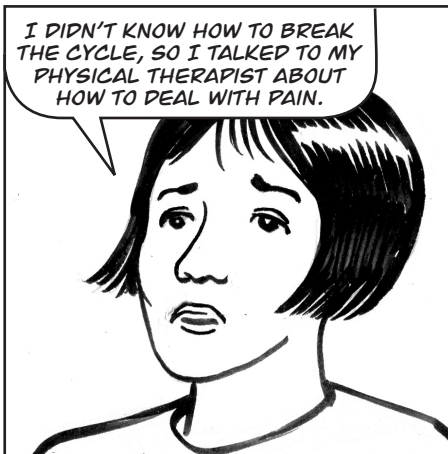


WHEN I'M IN PAIN MY MEMORY IS WORSE, IT'S HARDER TO PROCESS INFORMATION, AND I HAVE TROUBLE STAYING FOCUSED. PAIN EVEN DOES THAT TO PEOPLE WITHOUT TBI.



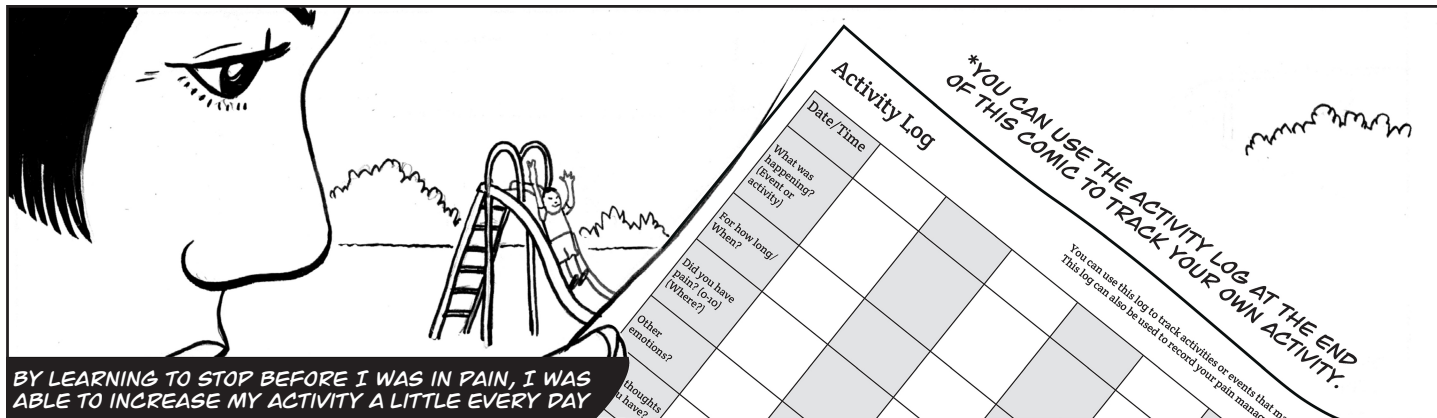
PTSD

People who go through traumatic events can have Post Traumatic Stress Disorder (PTSD). People with PTSD may feel stressed or afraid even when they are not in danger. Some people with PTSD will have flashbacks, where they "re-experience" the event. PTSD can make people want to avoid things that remind them of the trauma, startle easily, or have changes in their moods. Both pain and PTSD can lead people to avoid places or activities. This can be limiting and result in isolation, which can make pain or PTSD worse.



PAIN-ACTIVITY-CYCLE is when activity is driven by pain: A person works as much or as hard as they can until pain makes them unable to continue. Then they can't do anything until they recover. This often leads to abilities decreasing over time.

REST-ACTIVITY-CYCLE is when activity is stopped before pain develops and gradually increased with rest periods between activity. This practice can build endurance and abilities with minimal levels of pain.



Activity Log

You can use this log to track activities or events that may be related to pain.
This log can also be used to record your pain management practice.

Date/Time	What was happening? (Event or activity)	For how long/ When?	Did you have pain? (0-10) (Where?)	Other emotions?	What thoughts did you have?	What did you do in response?

Authorship and Illustration

This infocomic was written by Silas James and Ayla Jacob and illustrated by David Lasky and Tom Dougherty, in collaboration with the Model Systems Knowledge Translation Center.

This infocomic is adapted from the factsheet series Chronic Pain After Traumatic Brain Injury (<https://msktc.org/tbi/factsheets/traumatic-brain-injury-and-chronic-pain>) developed by Silas James, MPA; Jeanne Hoffman, PhD; Sylvia Lucas, MD, PhD; Anne Moessner, APRN; Kathleen Bell, MD; William Walker, MD; CJ Plummer, MD; Max Hurwitz, DO, in collaboration with the Model Systems Knowledge Translation Center.

Source: The content in this infocomic is based on research and/or professional consensus. This content has been reviewed and approved by experts from the Traumatic Brain Injury Model Systems (TBIMS), funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR), as well as experts from the Polytrauma Rehabilitation Centers (PRCs), with funding from the U.S. Department of Veterans Affairs.

Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of this infocomic were developed under grants from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant numbers 90DP0031 and 90DP0082). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infocomic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the federal government.

Copyright © 2021 Model Systems Knowledge Translation Center (MSKTC). May be reproduced and distributed freely with appropriate attribution. Prior permission must be obtained for inclusion in fee-based materials.

