

What is pain?

Pain is defined as a sensation or feeling that is unpleasant or hurts. If you feel pain, it normally indicates something is wrong. Pain has different ranges and can have a quick onset or develop over time. Each individual feels pain differently and it is a unique experience.

There are two types of pain – acute pain and chronic pain. Acute pain is considered pain that is intense and short-lived. Normally, acute pain is associated with an injury and goes away once the injury has healed. Chronic pain is considered a pain that is lasting. The severity of the pain can range from mild to severe.

Pain affects many Americans each year. A recent report from the Institute of Medicine confirms that, “Every year, approximately 100 million adult Americans experience chronic pain, a condition that costs the nation between \$560 billion and \$635 billion annually. Much of this pain is preventable or could be better managed.”