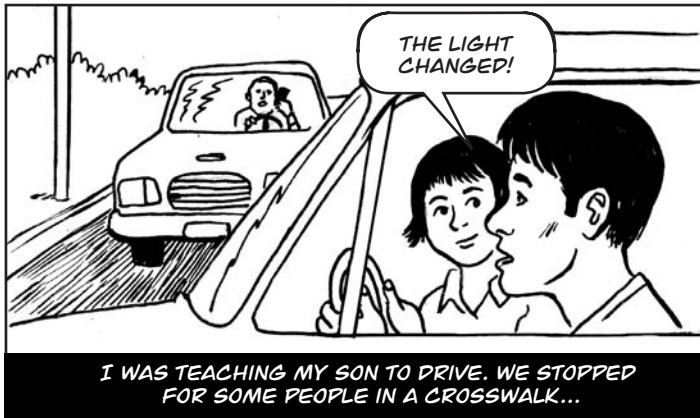


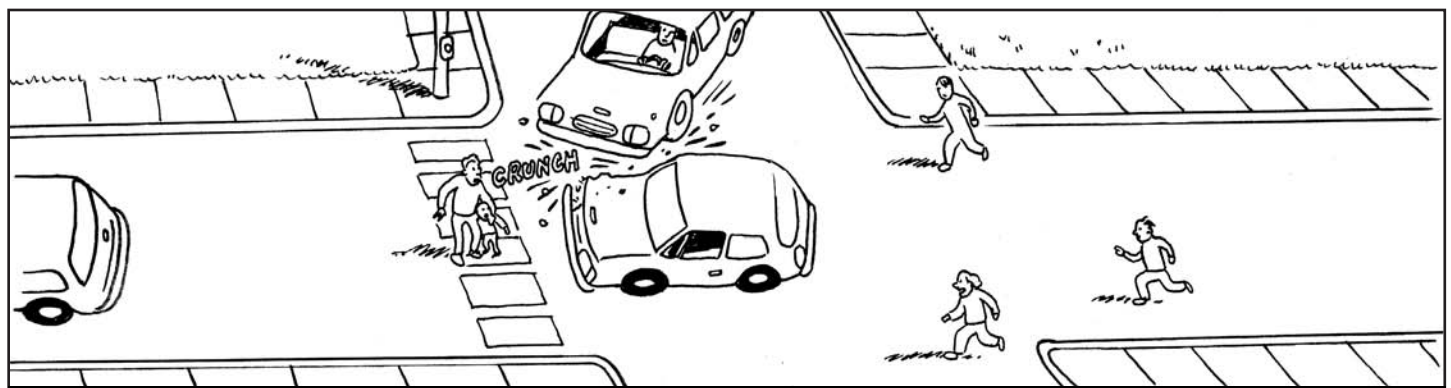
TRAUMATIC BRAIN INJURY AND CHRONIC PAIN

Part II: Co-occurring Injury and Pain

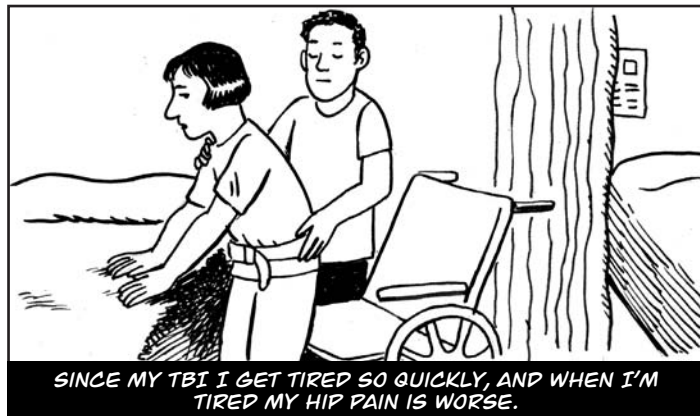
Illustrations by: David Lasky and Tom Dougherty
 Written by: Silas James and Ayla Jacob



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.



MY PAIN MADE SLEEPING DIFFICULT...



THIS TRAFFIC IS TERRIBLE, I JUST WANT TO GO HOME!

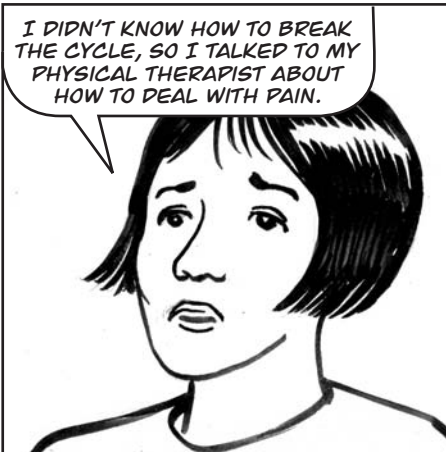
I WAS ALWAYS TIRED AND STRESSED, WHICH MADE MY PAIN WORSE. IT WAS A DOWNWARD SPIRAL...

PTSD

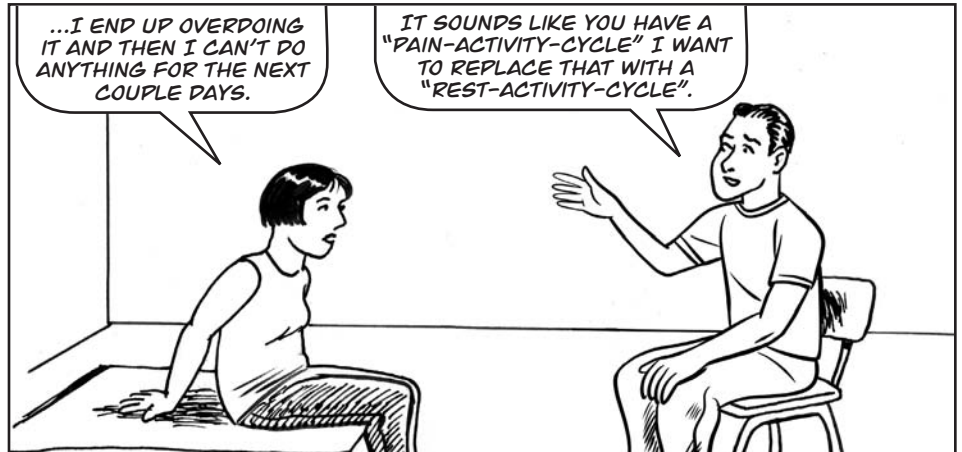
People who go through traumatic events can have Post Traumatic Stress Disorder (PTSD). People with PTSD may feel stressed or afraid even when they are not in danger. Some people with PTSD will have flashbacks, where they "re-experience" the event. PTSD can make people want to avoid things that remind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



WHEN I'M TIRED OR IN PAIN... OR BOTH, IT MAKES MY ANXIETY WORSE, AND THAT FEEDS INTO MY PTSD.



I DIDN'T KNOW HOW TO BREAK THE CYCLE, SO I TALKED TO MY PHYSICAL THERAPIST ABOUT HOW TO DEAL WITH PAIN.



...I END UP OVERDOING IT AND THEN I CAN'T DO ANYTHING FOR THE NEXT COUPLE DAYS.

IT SOUNDS LIKE YOU HAVE A "PAIN-ACTIVITY-CYCLE" I WANT TO REPLACE THAT WITH A "REST-ACTIVITY-CYCLE".



WALKING IS SOMETHING THAT CAUSES PAIN FOR YOU. SO, I'D LIKE YOU TO WALK LAPS IN THIS HALL. I'M GOING TO TIME HOW LONG IT TAKES BEFORE THE PAIN STARTS.

OK, GOT IT!

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.

DISCLAIMER

This information is not meant to replace the advice from a medical professional. You should consult your health care provider regarding specific medical concerns or treatment.

SOURCE

The information presented in this four-part InfoComic series has been adapted from parts one and two of the factsheet TBI and Chronic Pain. The factsheet and this comic have been developed concurrently and present the same information.

The factsheet TBI and Chronic Pain was written 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.

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Please send any feedback or questions about this InfoComic to tbicomix@uw.edu



UNIVERSITY OF WASHINGTON
TRAUMATIC BRAIN INJURY
MODEL SYSTEM
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