

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



## PAIN PUZZLES: FACT AND FICTION

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Oww! A grimace. Eyes squeeze shut. Muscles tense. Frustration brews, patience wanes, and a sense of helplessness looms. Sound familiar? About **51 million Americans** experience pain that interferes with their daily lives and thousands sustain injuries at work or home every day. And, even though the sense of pain is quite common for so many of us, so too are the misconceptions about the topic. We've gone through painstaking effort to identify some doozies and educate you on the truth. Let's dive in!



### MISCONCEPTIONS ABOUT INJURIES

**Repetitive motion injuries aren't common injuries in the workplace and require a specific mechanism of injury to be considered a true injury.**

Not true! Repetitive motion injuries are **one of the top 10** most common injuries along with slip, trip, and fall injuries, vehicle accidents, falling objects, cuts and lacerations, overexertion injuries, and others.

**Injuries only have physical symptoms.**

False! Injuries can have emotional, psychological, social, and financial symptoms as well.

**"Toughing it out" and thinking an injury is not that bad. It will just get better with time.**

No, not quite. Rest is important, but proper evaluation and treatment are necessary for healing and to reduce the likelihood of the injury worsening or healing incorrectly.

### MISCONCEPTIONS ABOUT PAIN

**All pain is bad.**


Nope! Pain is a necessary function of the body. This function keeps us safe, but also lets us know if something is wrong. Pain protects us from further injury! For example, the pain you feel when experiencing symptoms of a heart attack can be present in your jaw or arm rather than your chest (referred pain).



**Acute pain and chronic pain are the same thing.**

Quite the opposite! Acute pain has a known and treatable cause. It's a sudden, sharp, or intense kind of pain that lasts less than 3 months. Chronic pain can be constant or intermittent and varies in intensity. It is usually associated with a specific illness or injury and regularly lasts more than 3 months.

**Medication is the only option to treat pain.**

Also false. Pain relief isn't a one-size-fits-all solution. No one treatment is guaranteed to offer relief to every person. 

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**Work Right NW** is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

