**Pain assessment: Patient**

**Modifiers/Maintainers**
- Mechanical stimuli
- Down regulators
- IN REGULATORS: Depression, poor coping, fear, anxiety, anger
  - Joy, peace, goal positive, distractions, faith.

**Features**
- Localised
- Peripheral nerve
- Segmental
- Non localised

**Locators**
- Tissues
- Nerve terminals
- Transmission
- DRG
- Dorsal horn
- Midbrain
- Cortex - afferent
- Cortex - efferent
- Forebrain

**Types**
- Nociceptive
- Peripheral neuropathic
- Centrally driven
- Central sensitisation

**Output**
- Muscle Spasm, weakness
- Multiple area sensitivity, light touch allodynia, Cold Hyperalgesia, pressure hyper-sensitivity,
- Report of High disability levels, and of high pain levels
- Pain behaviours.
- Pain flare ups, unpredictable pain episodes. Socially modified pain reports
  - Self report of fears, anger, Catastrophising, anxiety, depressed mood, injustice, jealousy.
  - Poor pain concept, poor body perception concept
  - Thought driven report of pain, thought driven aberrant muscle activity

**Meds**
- Oral analgesics, Anti-inflammatory agents
- Local analgesics
- Neuropathic pain Anti-depressants, anti convulsants, Gabapentin, pregabalin (Lyrica)
- Centrally acting. Oral analgesics..... Paracetamol..... Those acting on the cerebral opioid receptor system (codeine, oxycodone, dihydromorphine, pethidine), tramadol (opioid and serotonin releasing agent)

**Testing**
- Chemical(pharmaceutical) agents
- Removal of Mechanical irritant
- Mechanical irritants
- Warm/hot irritants
- Motor, Reflex and sensation testing
- Cold pressor, vibration
- Laterality, body image assessment
- BPI VAS
- S-Lanss
- Mechanical pain gate mechanism
- Pcs, Pseq, Ies, leq, FAbq, Tsk, Beck, Dass, Pkqr, Psfs,
  Ndi, Oswestry, Fri, Dash, Uefs, Womac, Koos.