

Common Perpetuating Factors in Chronic Pain

Nutritional Stresses

- Skipping meals
- High sugar diet
- Suboptimal vitamin levels
- Food sensitivities
- Chronic dehydration
- High caffeine diet
- Lack of minerals

Sleep Stresses

- Stomach sleep position
- Head extended position
- Arms overhead position
- Too high/low pillow
- Jaw clenching
- Lack of sleep

Endocrine & Metabolic Stresses

- Hypothyroidism
- Hypoglycemia
- Systemic candida
- Anemia

Mechanical/Other Stresses

- Skeletal asymmetry
- Joint dysfunction
- Short upper arms
- Muscle constriction
- Misfitting furniture
- Chronic infection
- Allergies
- Poor cardiovascular health
- Muscle Atrophy

Posturing Stresses

- Lying down watching tv
- Lying down reading
- Prolonged immobility
- Bent forward sitting position
- Slouch sitting position
- Sitting without lumbar/back support
- Sitting without feet touching the floor

PAIN

Family/Social Stresses

- Loss of income
- Medical expenses
- Decreased capability to care for home, children
- Strained relationships
- Inability to exercise
- Unable to perform activities of daily living

Psychological Stresses

- Loss of independence
- Loss of control
- Depression
- Irritability
- Anxiety
- Fear

Occupational Stresses

- Too few breaks
- Too little movement
- Cross eye/hand dominance
- Work station ergonomics
- Physical demands
- Dislike job

