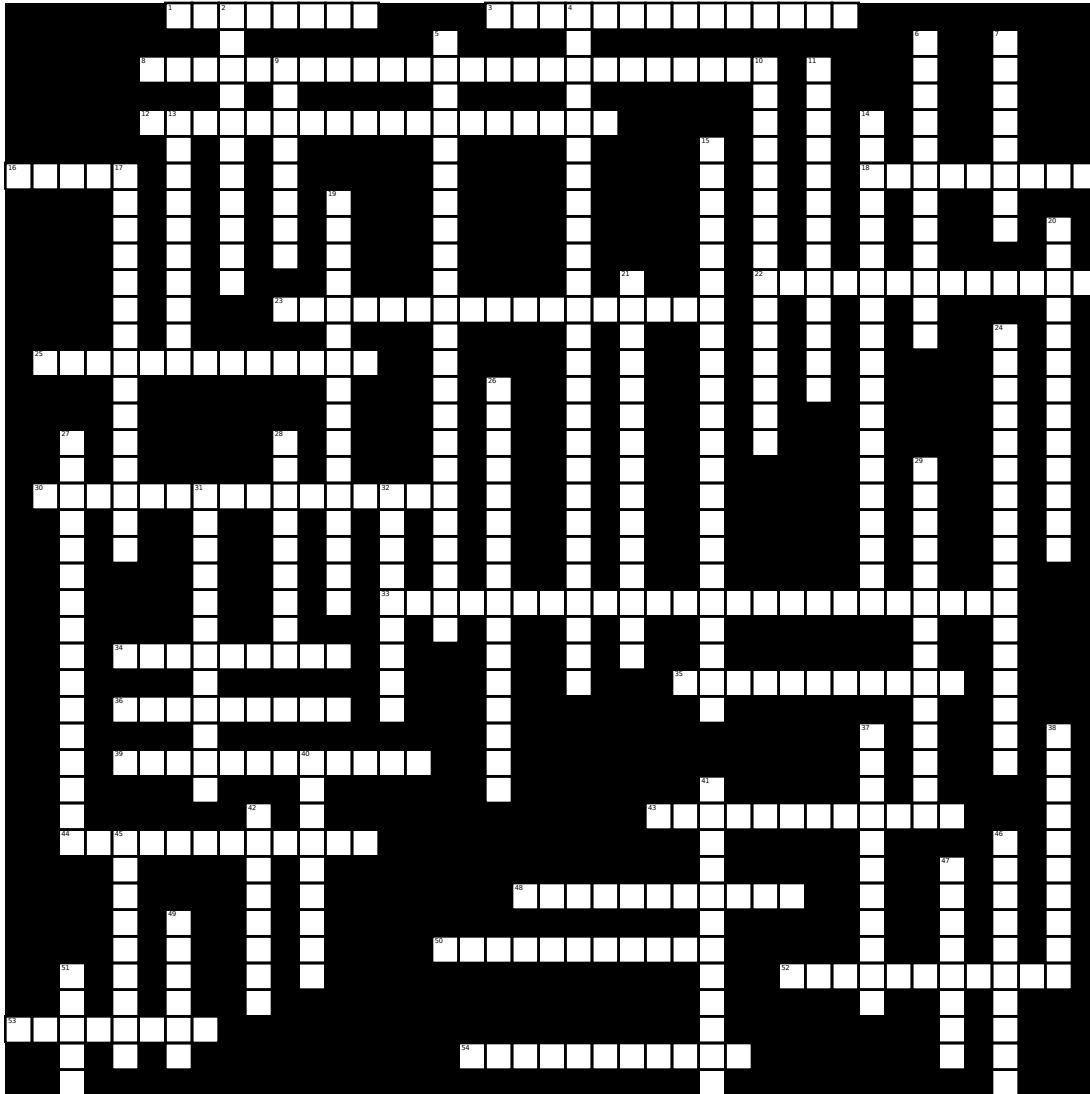


Pain Dictionary

MassageNerd.com



Across

- 1 local and temporary decrease in blood flow to an area.
- 3 pain initiated or caused by a primary lesion, dysfunction, or transitory perturbation in the peripheral or central nervous system.
- 8 problems with the nerves and muscles.
- 12 the greatest level of pain that a subject is prepared to tolerate.
- 16 an abrupt and painful contraction, spontaneously Resolvent after a few minutes, treatment lies in stretching, heat treatments, and massage.
- 18 the absence of pain in response to stimulation that would normally be painful.
- 22 Increased sensitivity to stimulation, excluding the special senses.
- 23 pain signals that pass through a number of high-traffic "gates" as they move from the area of injury upward through the spinal cord into the brain.
- 25 a condition in which a quick but light stroke over the skin surface is felt as a sharp pain. This is a clinical sign of neurological abnormalities in the skin.
- 30 a brief flare-up of severe pain that occurs even while the patient is regularly taking pain medication.
- 33 when the joints of the spine are compressed or otherwise impaired and cause their own special trigger point-type pain or dysfunction.
- 34 a sign and symptom happens quickly, last a short amount of time and then disappear.
- 35 often a referred pain that follows myofascial pain patterns.
- 36 an excess of blood in an area or body part, usually indicated by red, flushed color or heat in the area.
- 39 pain along the distribution of one or more sensory nerve roots.
- 43 A hypersensitive area or site in muscle or connective tissue usually associated with myofascial pain syndromes.
- 44 a muscular act that often becomes a protective tension habit maintained as a learned response stored in the brain.
- 48 a classical sign of neurological abnormalities in the skin.
- 50 A painful syndrome characterized by an abnormally painful reaction to a stimulus, especially a repetitive stimulus, as well as an increased threshold.
- 52 Inflammation of one or more nerve roots. This term does not apply unless inflammation is present.
- 53 the coffee grinder cracking. Often persons who have these noises in the joint will have advanced degenerative changes in the joint, but not pain.
- 54 pain associated with a lesion of the central nervous system.

Down

- 2 long lasting or recurring frequently over a long period of time.
- 4 the most unpleasant and uncomfortable form of disabling chronic pain.
- 5 where fascia is distorted and binds to itself and nearby tissues.
- 6 a condition in which light pressure causes severe pain. This is also a clinical sign of neurological abnormalities in the skin.
- 7 a clinical sign of neurological abnormalities in the skin.
- 9 muscle soreness caused by inflammation of an injured muscle.
- 10 pain that result from damage to the brain and/or spinal cord, the dorsal roots, and the peripheral nerves.
- 11 A disturbance of function or pathologic change in one or more nerve roots.
- 13 pain in a joint, usually due to arthritis or arthropathy.
- 14 Pain due to loss of sensory input into the central nervous system, as occurs with avulsion of the brachial plexus or other types of lesions of peripheral nerves or due to pathology of the central nervous system.
- 15 when overused muscles lose their ability to understand how to relax.
- 17 pain that is "generated" by the mind and emotions.
- 19 the body continually generates tiny but detectable electrical discharges.
- 20 the least experience of pain that a subject can recognize.
- 21 a focal nerve lesion produced by constriction or mechanical distortion of the nerve, within a fibrous or fibro-osseous (bone) tunnel. A serious condition which left un-treated can lead to loss of innervation to an area as well as nerve death. The "trapped" nerve may be further damaged by stretching or bending.
- 24 are actual round lumps felt in the muscles on palpation. These are commonest in the shoulder and neck areas and the lumbar area.
- 26 described in most anatomy, physiology and massage textbooks as a protective mechanism that prevents over stretching of muscles.
- 27 pressure against a nerve by the skin, fascia, muscles, ligaments, or joints.
- 28 Pain in the distribution of a nerve or nerves.
- 29 pain in an area of the skin.
- 31 Decreased sensitivity to stimulation, excluding the special senses.
- 32 are connective tissue that would not normally be present in the body, but the body produces them under stress. These "crunchies" or _____ are usually associated with pain, restricted blood flow, and muscle spasms or tight muscles.
- 37 Diminished pain in response to a normally painful stimulus.
- 38 the scientific term for "nut-like" structures in the skeletal muscles. _____ are formed mostly in the muscles which perform substantial isometric work. One of the most common examples of this hypertonic muscular abnormality is myogelosis in the horizontal portion of the upper part of trapezius muscle.
- 40 an agent that relieves pain without causing a loss of consciousness. A common example is aspirin.
- 41 pain that originates in the solid and hollow organs of the body.
- 42 inflammation of a nerve or nerves.
- 45 pain due to a stimulus that does not normally provoke pain.
- 46 areas of increased tension in the skeletal muscle. In large muscles, the hypertonus usually involves several muscular bundles, but small muscles can be affected entirely.
- 47 the science and study of pain phenomena.
- 49 the pushing of body tissues beyond the elastic limit either gradually or suddenly. Stressors include such things as emotional trauma, accidents, pregnancy, lacking of certain nutrients, exposure to extremes of heat, sun or cold, working too hard.
- 51 insufficient venous blood and lymph drainage will cause an accumulation of fluid in the subcutaneous tissue and skin.