
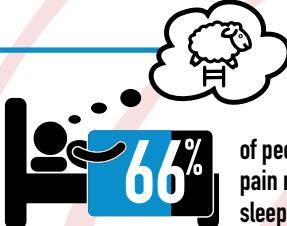



How Pain Affects Your Life

66% of people with chronic pain report problems sleeping, which often makes the pain worse; thus resulting in a frustrating cycle of pain and sleeplessness

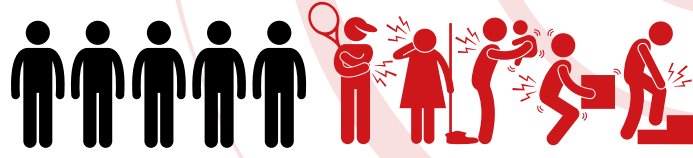
14% of people with chronic pain report it being severely disabling

Reference: Prevalence of chronic pain in the UK: a systematic review and meta-analysis of population studies BMJ Open 2016
Reference: 3 Little Known Facts About Chronic Pain 2016 <http://www.spine-health.com>




50%+ of chronic pain sufferers feel they have little or no control over their pain

Reference: American Academy of Pain Association (2016) Facts and Figures on Pain
Reference: A review of chronic pain impact on patients, their social environment and the health care system. Journal of Pain Research 2016;9:457-67



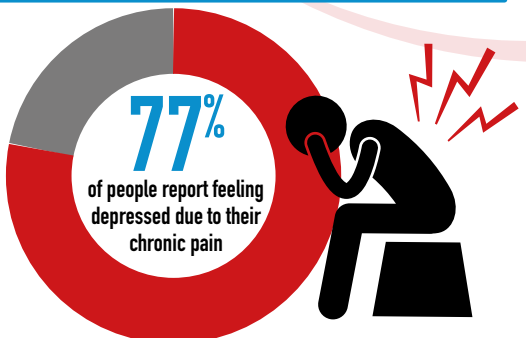
50% are limited in their ability to perform daily activities

Reference: American Academy of Pain Association (2016) Facts and Figures on Pain
Reference: A review of chronic pain impact on patients, their social environment and the health care system. Journal of Pain Research 2016;9:457-67



50% of sick certificates come from chronic pain and mental health problems

Reference: American Academy of Pain Association (2016) Facts and Figures on Pain
Reference: A review of chronic pain impact on patients, their social environment and the health care system. Journal of Pain Research 2016;9:457-67



77% of people report feeling depressed due to their chronic pain

Reference: American Academy of Pain Association (2016) Facts and Figures on Pain
Reference: A review of chronic pain impact on patients, their social environment and the health care system. Journal of Pain Research 2016;9:457-67



50% of people have to change their occupational duties or post




Reference: American Academy of Pain Association (2016) Facts and Figures on Pain
Reference: A review of chronic pain impact on patients, their social environment and the health care system. Journal of Pain Research 2016;9:457-67



1 in 5 people lose their jobs due to their chronic pain problem

Reference: American Academy of Pain Association (2016) Facts and Figures on Pain
Reference: A review of chronic pain impact on patients, their social environment and the health care system. Journal of Pain Research 2016;9:457-67



23% of chronic pain sufferers have obtained a disability pension for recognised incapacity to work

Reference: American Academy of Pain Association (2016) Facts and Figures on Pain
Reference: A review of chronic pain impact on patients, their social environment and the health care system. Journal of Pain Research 2016;9:457-67

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2019



Lucas Massage
07981 396 184

www.lucasmassagetherapy.com
info@lucasmassagetherapy.com