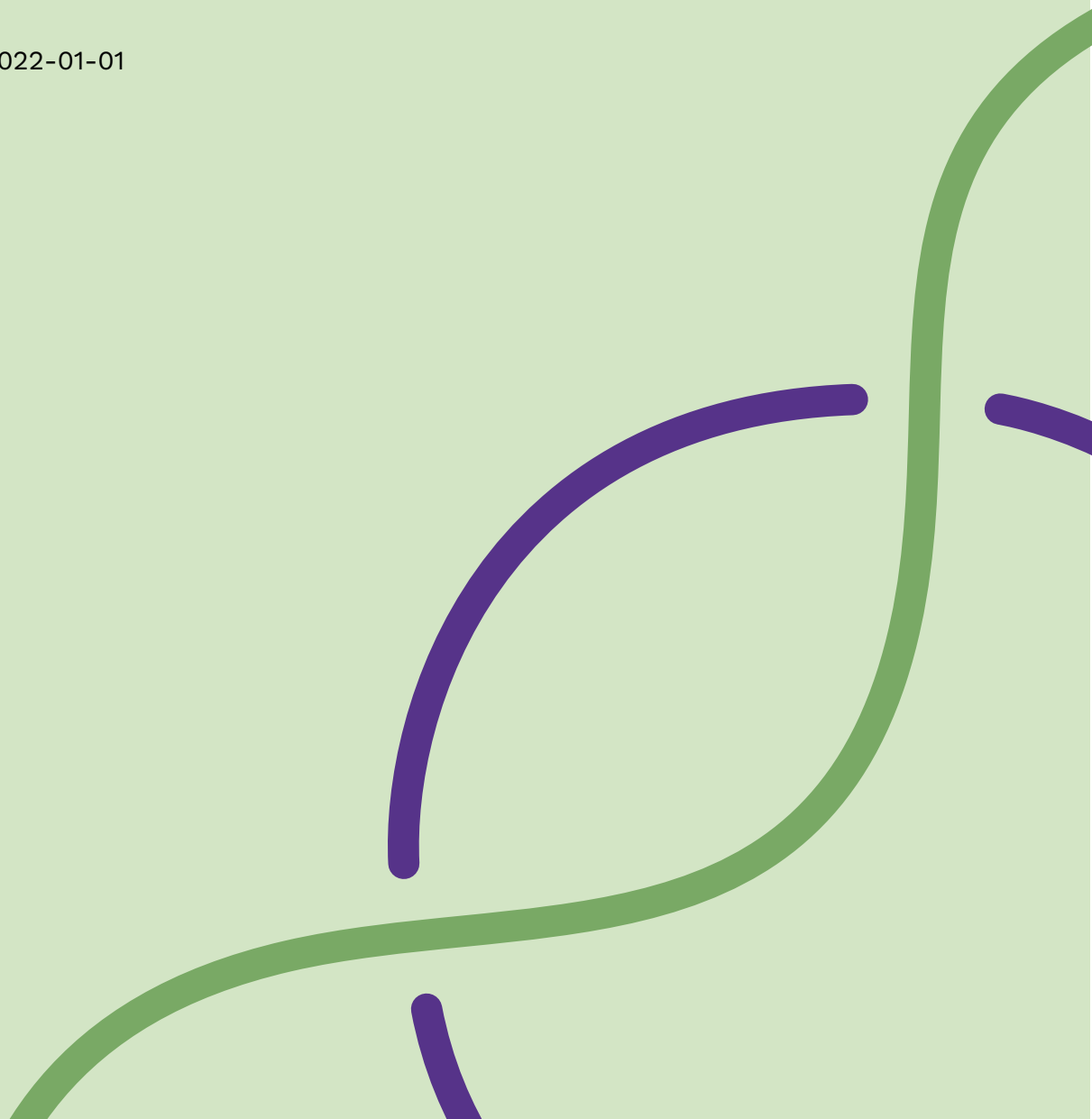


# Smärta och smärtrehabilitering

Appendix till studiehandledning

Reviderad 2022-01-01



# Appendix

## Definition av smärta enligt IASp

Smärta är definierat enligt the International Association for the Study of Pain, IASP. För aktuell definition se [www.iasp-pain.org](http://www.iasp-pain.org).

An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage.

Six key notes and etymology:

- Pain is always a personal experience that is influenced to varying degrees by biological, psychological, and social factors.
- Pain and nociception are different phenomena. Pain cannot be inferred solely from activity in sensory neurons.
- Through their life experiences, individuals learn the concept of pain.
- A person's report of an experience as pain should be respected.
- Although pain usually serves an adaptive role, it may have adverse effects on function and social and psychological well-being.
- Verbal description is only one of several behaviors to express pain; inability to communicate does not negate the possibility that a human or a nonhuman animal experiences pain.

Etymology: Middle English, from Anglo-French peine (pain, suffering), from Latin poena (penalty, punishment), in turn from Greek poine (payment, penalty, recompense).

**För exempel på aktiviteter och diskussionspunkter för att uppnå måluppfyllelse, vänligen se:** [www.iasp-pain.org /Education /Curricula /IASP Curriculum Outline on Pain for Physical Therapy](http://www.iasp-pain.org/Education/Curricula/IASP_Curriculum_Outline_on_Pain_for_Physical_Therapy)