***Sports Illustrated***Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**“The Truth About Pain: It’s In Your Head”**

**David Epstein**

Learning Target: Explain various factors that alter an athlete’s pain interpretation and strategies a Sports Medicine professional can appropriately assess an individual’s pain.

Part 1

1. How is pain interpreted/perceived by the brain?

[Part 2 :](http://www.youtube.com/watch?v=Z3_f-Jgblqk)Sylvia Video

1. What is stress-induced analgesia?
2. How does SIA work?
3. Why do some people not feel pain in certain situations? Give 2 reasons.

Part 3

1. Why could John Register still feel pain in his amputated leg? Explain scientifically.
2. What does Melzack mean when he says the “meaning of the situation” affects pain interpretation?

Part 4

1. Why was Jerome Bettis able to play on Sunday even though he was still in excruciating pain from the previous week’s game?
2. What does it mean when it says “prefrontal cortex is like the pain governor?”

Part 6: Painkillers

1. What is suboxone and what is it used for?
2. How does suboxone mimic painkillers?
3. Why do some athletes run the risk of painkiller addiction?

Summary

1. After reading this article, what are some considerations (give 3) you need to make when evaluating an athlete’s injury and the pain that they are feeling?
2. What are some strategies you could use to assess their pain?