



## Pain

Pain may be considered to be the opposite of pleasure, and therefore, one might deduce that all pain is bad. Pain, however, is a necessary and natural signal that encourages us to “tune in” to our bodies, and respond appropriately, to facilitate optimal healing. It is in cases where the experience of pain is excessive, and/or, the duration that it is perceived is lengthened, that pain is not beneficial. If you are experiencing excessive, or ongoing pain, your body may be telling you it is time to see a physiotherapist.