



Editorial

Pain is more than just a feeling of discomfort. It can affect the way you feel overall. It tends to resolve within a few weeks. Chronic pain is ongoing. According to the Centers for Disease Control and Prevention, pain is considered to be chronic when it lasts beyond 3 months [1]. Pain-relief methods range from at-home treatments and prescriptions to over-the-counter medications and invasive procedures, like surgery. Pain relief doesn't usually happen overnight, but it can. Each person's pain experience is unique to them. To treat the source of chronic pain, you may need to visit your doctor. Nociceptive pain is a nervous system response that helps protect your body. It makes you pull your hand back from a hot stove, so you don't get burned. Pain from a sprained ankle forces you to rest and give the injury time to heal.

Be cautious as well. To get effective pain relief, you first need to find the source of the pain. As previously mentioned,