



# PAIN MANAGEMENT

- Quantify patient's relative pain levels (relative to patient's own baseline)
- Differentiate between Psychosomatic pain, Somatic or Sympathetic pain and CRPS
- Assist in titration of pain medication
- Document progress in Physical Therapy



# PAIN MANAGEMENT

- ANS monitoring can quantify patient's relative pain levels
  - Pain is a stressor
  - Sympathetics respond to stress
  - More or less Sympathetic activity indicates more or less pain



# PAIN MANAGEMENT

- ANS monitoring can differentiate pain classifications
  - Psychosomatic pain
    - Normal to low responses
    - Consider addiction
  - Somatic or Sympathetic pain
    - Elevated sympathetic levels either at rest (especially if medicated) or in response to Valsalva
    - Parasympathetics are normal
  - Reflex Sympathetic Dystrophy as it involves a plexus crush or restricted blood flow to a portion of the body
    - Elevated sympathetic and parasympathetic levels
      - Sympathetics elevated due to pain
      - Parasympathetics elevated due to reduced tissue perfusion



# PAIN MANAGEMENT

- Assist in titration of pain medication
  - Properly titrated medications is indicated by normal resting (baseline) balance
- Document progress in Physical Therapy
  - Normalize ANS responses to challenges
- Continuous Monitoring also possible in hospital