



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