



Your pain



You are any age.

You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

- 31
- 45.



You may be more than 55 years old.

Like

- 58
- 75.



Most people with cerebral palsy can
have pain.



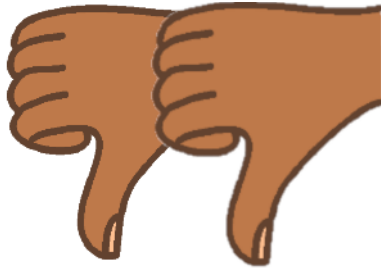
You get tired.

Your body may hurt more.

And



Your body hurts. You feel more tired.



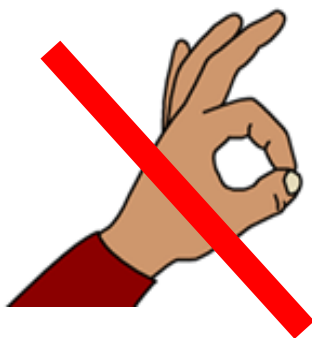
It makes it hard to do things.



Your pain can change.

Your pain may be OK.

Then



It is **not** OK.

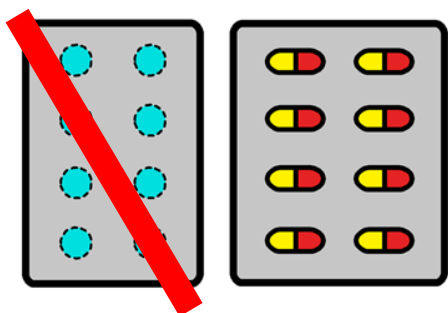


You get old. You have more pain.



You may need to change
how you do things. Like you

- get help to do things
- work 3 hours each day.



You may need new pills.



You may need different help for
your body. Like a massage.

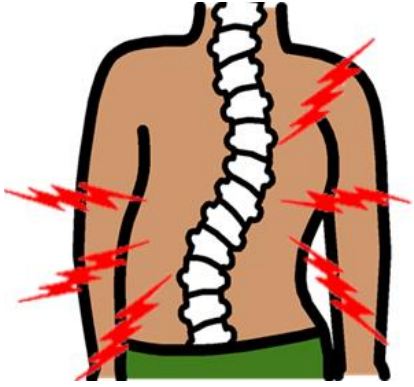


Your pain is OK. You can do things. Like

- go to work
- go out
- see your friends
- use a computer.



You feel good.



You can get pain in different places.

It may be your bones.

Like the bones in your back.



It may be your muscles.

They feel tight. They may hurt.

You may call it a cramp.



It may be your teeth.

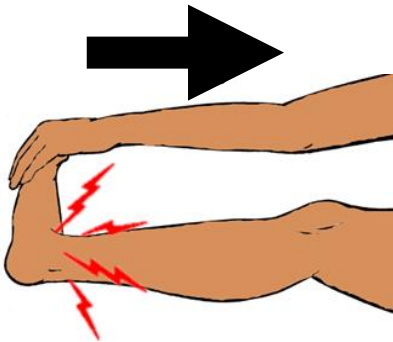


It may hurt to go to the toilet.

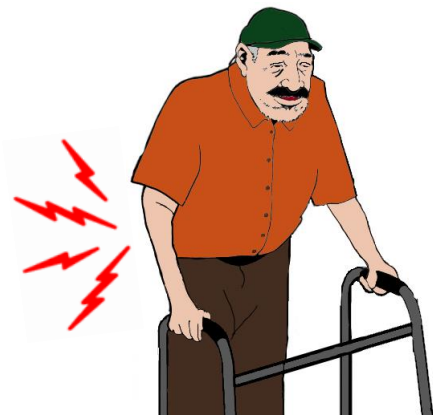


You may have bad tummy pain.

You may feel pain up to your throat.



A physio tells you to stretch. It hurts.

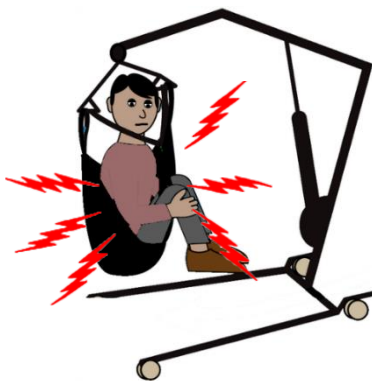


You move. Your body may hurt.



You sit for a long time.

You do **not** move. Your body may hurt.



You use a hoist.

It hurts to be in the hoist.



You may need an operation.

You have pain after it.

It is more than other people.



It may be hard to tell people about
your pain.

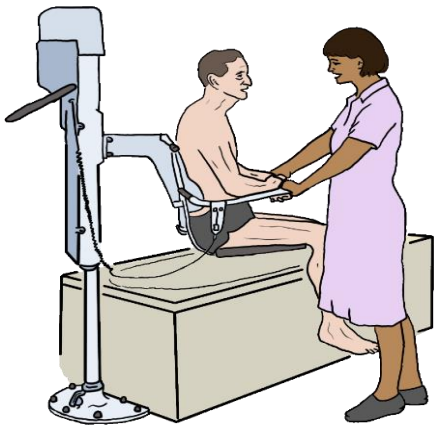


People who know you can help. Like

- they see you are more tired
- they can help you tell the doctor.



What can you do?



You can do things at home.

You can try a warm bath.



You can try massage.



You can try ice packs.



You have pain. Talk to your doctor.



Your doctor may give you

- pills
- needles.

It may stop the pain.



Talk to your health team. Like the

- OT
- physio.



You may need

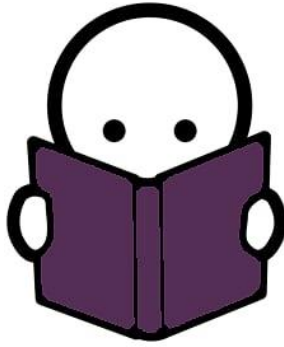
- to wear a splint
- to do stretches.

Your physio can help.

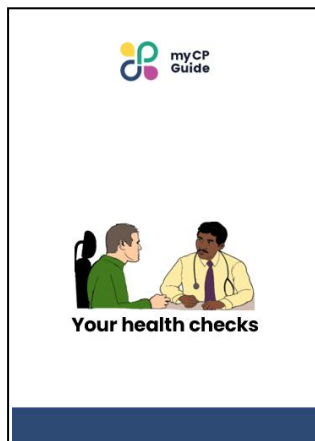


Tell your physio

- what is good
- what is **not** good.

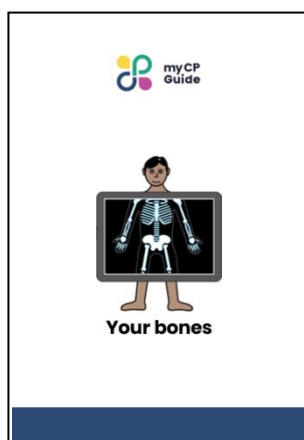


You want to know more



Read

Your health checks.



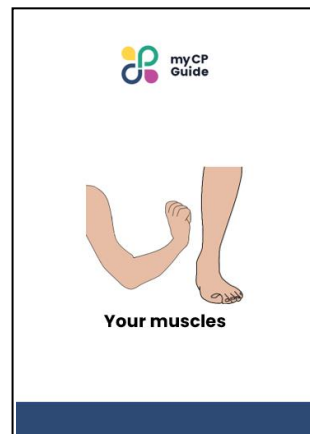
Read

Your bones.



Read

Your sleep.



Read

Your muscles.