



The Association Between TBI and Pain

Does TBI and Co-Existing Conditions Affect Veterans' Chronic Pain

Researchers looked at whether combat Veterans who had a Traumatic Brain Injury (TBI) were more likely to have chronic pain and disability than combat Veterans with no concussion. They also looked at whether having PTSD and depression were related to chronic pain and disability. Here are the main findings:

- ★ Combat Veterans who got a mild traumatic brain injury (concussion) were a little more likely to have chronic pain and disability.
- ★ Combat Veterans with moderate or severe TBI were almost twice as likely to have a chronic pain diagnosis as those with concussions.
- ★ Combat Veterans with any kind of TBI had more headaches and neck pain.
- ★ Combat Veterans with any kind of TBI and both depression and PTSD were likely to have chronic pain.

Take Home: Veterans who suffered a TBI, developed depression, or had PTSD were more likely to also develop chronic pain, most commonly in their neck or head.



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Reference:

Seal K.H., Bertenthal D., Barnes D.E., Byers A.L., Strigo I., Yaffe K., Chronic Effects of Neurotrauma Consortium Study Group. Association of Traumatic Brain Injury with Chronic Pain in Iraq and Afghanistan Veterans: Impact of Comorbid Mental Health Conditions. Archives of Physical Medicine and Rehabilitation. 2017 Apr. . PubMed: 28455190