

TRANSCRIPT #: 1019

'My Ankle Journey'

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[00:00:09] Hi, my name is Cindy. I have a pretty short story, but it's caused **a lot of chronic pain** in my life. About 46 years ago, in **1976**, when I was 26 years old, I fell off of a two-inch curb. I hit the curb with the bottom of **my foot** at an odd angle, then twisted and bent my foot backward. It hurt like the dickens, but I didn't go to the doctor.

[00:00:36] Ace bandages, pain-relieving rub, and Tylenol got me through the discomfort while healing. At later times the same treatment would again work when the pain reared its ugly head. Now fast forward to 2015. I went home to Illinois to take care of my dad, who died in **2017**. The pain in my **ankle kept getting worse** while I was there, and my rheumatologist suggested an x-ray.

[00:01:05] Turns out there were **fractures** across the top and side of my **ankle** that had developed lots of bone spurs from improper healing. My rheumatologist said I might consider an ankle replacement. "Yes. Yes, of course I will," I thought, "as soon as I have the time." I came home to Oregon and checked with Samaritan orthopedic surgeons, who all said the same thing, due to primary lymphedema in my lower legs: "Wouldn't touch that with a 10-foot pole." They felt the **replacement would never heal**. The pain became even more debilitating, and I needed a walker to get around. Not quite knowing what to do next, I asked for a referral to Lebanon Samaritan's physical therapy group and was offered a chance to participate in their MMAPS [Movement Mindfulness and Pain Science] program.

[00:01:56] As a group, we learned about mindfulness, movement, and modern pain science, and how trauma contributes to chronic pain. It all made so much sense. We also learned about the life-changing **Pain Triangle** developed by Dr. Kevin Cucarro. Exploring his triangle led me to understand that I was **anticipating what I should feel** every time I put pressure on my ankle.

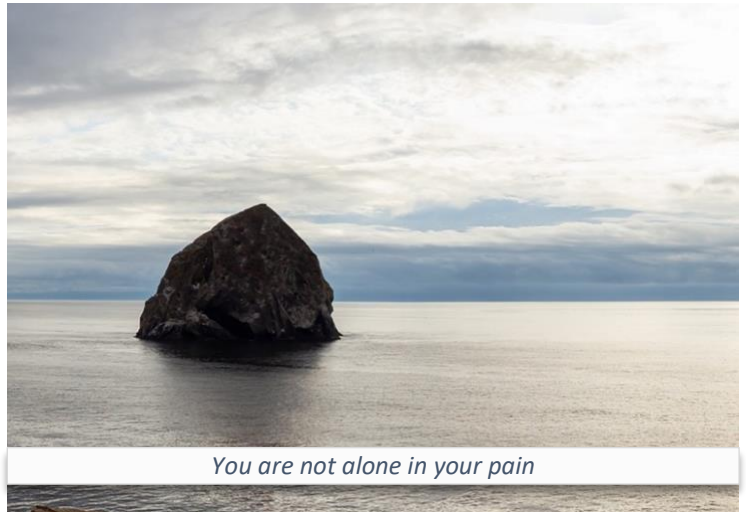
[00:02:24] This **realization made me feel safe**, and I knew that I didn't always have to hurt every time I stood up and tried to walk. MMAPS also introduced me to some existing members of the Oregon Pain Science Alliance. I believed in what the organization was doing and what it hoped to become. And so here I am today, a proud member and secretary of OPSA, hoping we can help others to achieve pain mastery on their chronic pain journey, just as our members have done.

[00:02:59] Thank you.

About Pain Science Life Stories

Formed in 2018, the Oregon Pain Science Alliance (the Alliance) is an all-volunteer nonprofit 501(c)3 corporation. Our members come from the health care community, their patients, and others who follow pain science research.

We seek to share current information on how pain experiences are formed in the brain and influenced by biological, psychological, and/or social factors. Through community education events, health care workers describe how pain-science-based practices have changed their interaction with and care for patients, and patients tell stories about their experience with learned pain science tools used to help master chronic pain. We can now share these collected and curated stories, and other unique features, through the Alliance “story website” launched in early fall of 2022.



How to get involved?

Do new Pain Science insights and practices resonate with you?

We welcome anyone interested in collaborating to find or produce good stories and insights, then curating them to display on our website. Sharing in our discoveries and making them broadly available is both personally positive, and mutually satisfying.

The phone number or email address below will get you more information about us; then use the website link to the Member page for the steps to become an Alliance member, if that makes sense to you.

If you have a story using pain science tools and practices, and would like to share it with the larger community through our website, please send us an email. We would love to hear from you.

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