Self-Healing Concept for Musculoskeletal Pain Management

Musculoskeletal pain accounts for ~14% of all years lost to disability world-wide

Musculoskeletal pain triggers

- Posture
- Depression
- Comorbidities
- Mental stress
- Inflammation
- Intense physical activity
- Sedentary lifestyle
- Older age
- Obesity
- Trauma and injury

The concept

Self-healing is the innate ability of the body and mind to promote mechanisms to return to equilibrium, in order to help relieve pain induced by various triggers.

Pain is a protective signal that indicates imbalance induced by triggers.

The body has the innate ability to restore equilibrium helping to relieve pain through several body networks.

Multi-modal integrative medicine therapies can boost the body’s innate ability to self-heal.

Self-healing: Body networks

- Psychology
- Nutrition
- Nervous system
- Psychological aspects
- Immune system modulation
- Natural
- Mobility
- Microcirculation/vasodilation
- Muscular relaxation/contraction
- Devices
- Exercise

Incorporation of complementary and integrative approaches supporting the self-healing ability of the body may reduce musculoskeletal burden and at the same time overcome the risk of side effects associated with conventional pharmacological therapies.

Adapted from Giannakopoulos B, PharmD, Sanofi, Athens, Greece, Kechemir H. MD, Sanofi, Chilly-Mazarin, France, Amessou M, PhD, Sanofi, Gentilly, France, Turudic II, MD, Sanofi, Berlin, Germany. Evid Self Med 2022;2:220130. Publication date: 21.08.2022

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