

Pijn *begrijpen* laat beter *bewegen*

Jo Nijs

PAIN IN MOTION 

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Zenuwstelsel

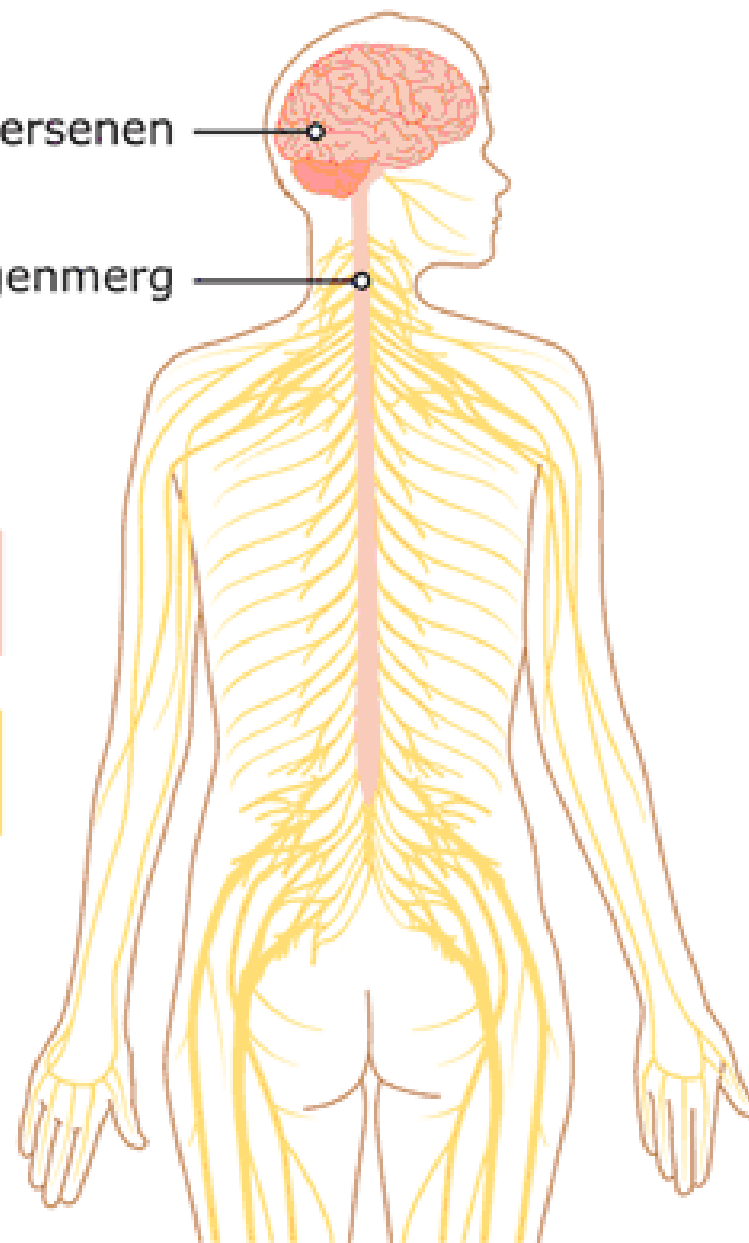
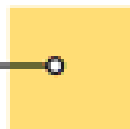
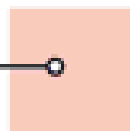


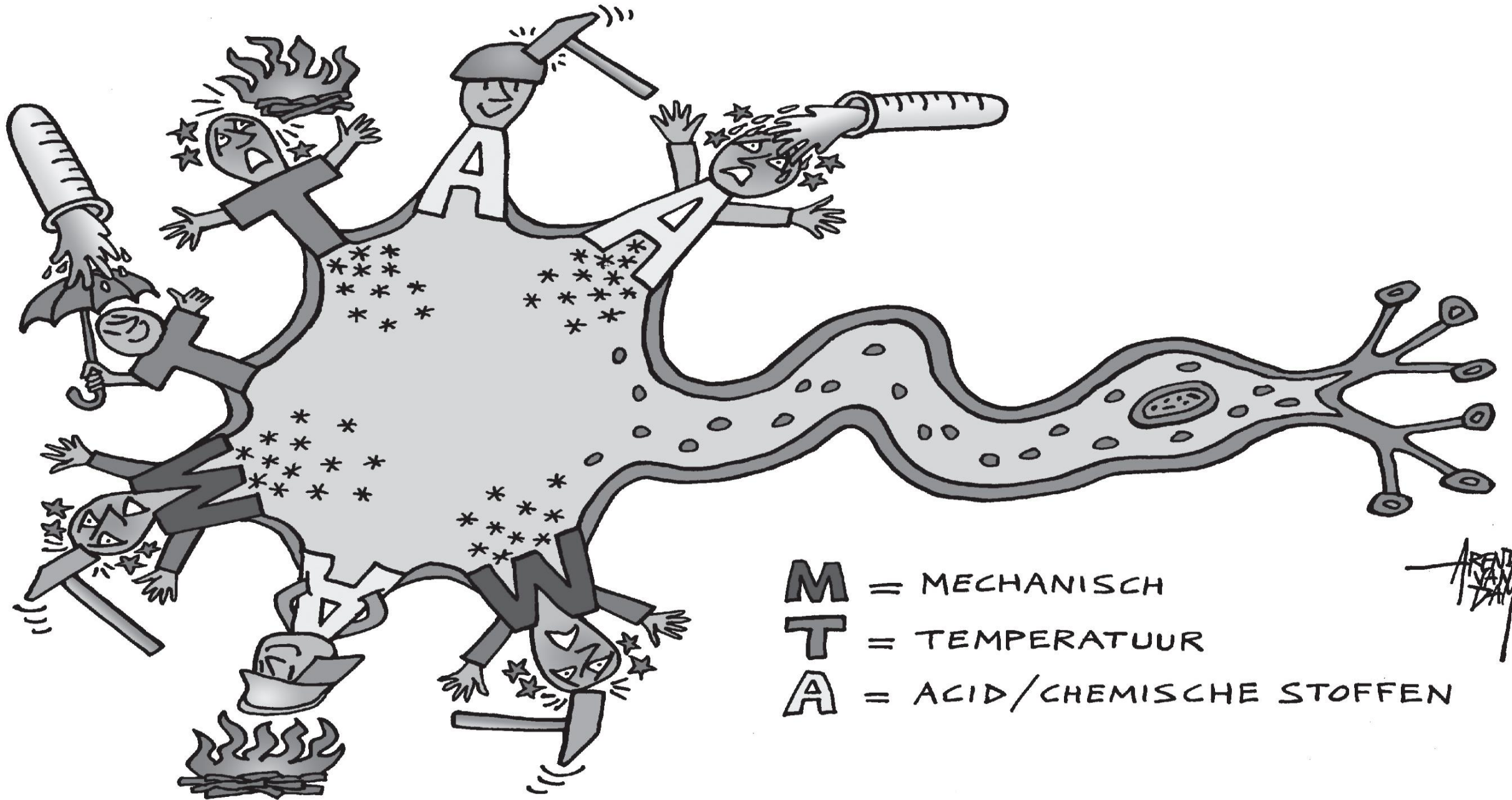
hersenen

ruggenmerg

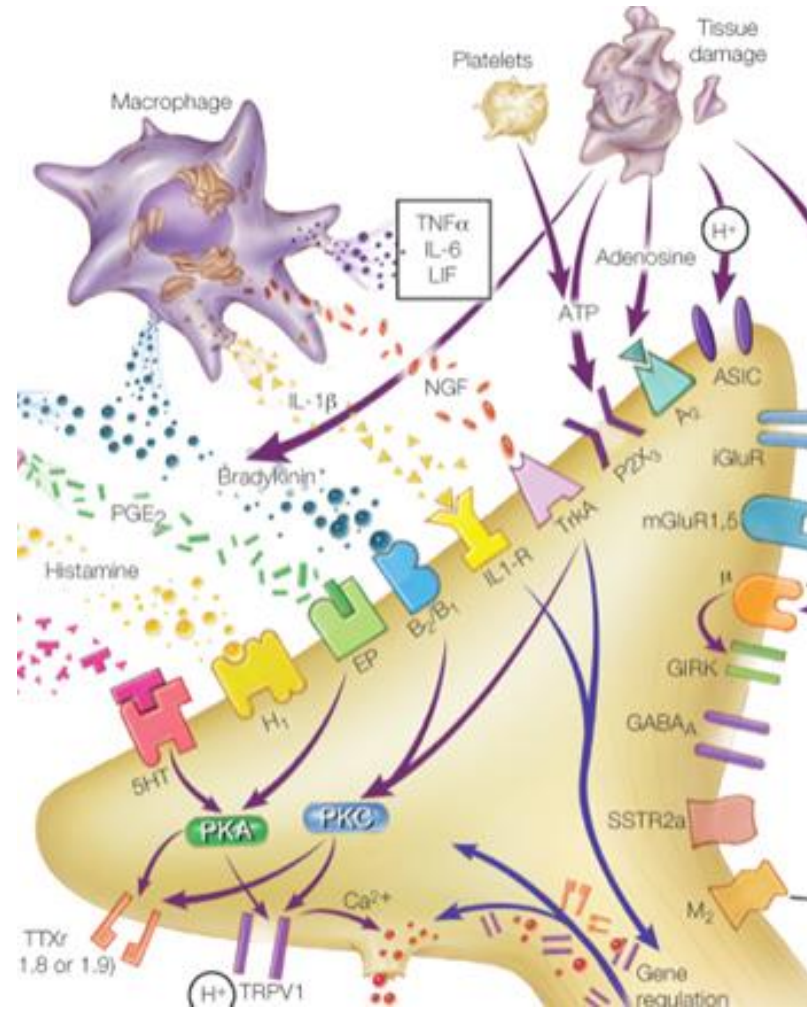
centrale zenuwstelsel

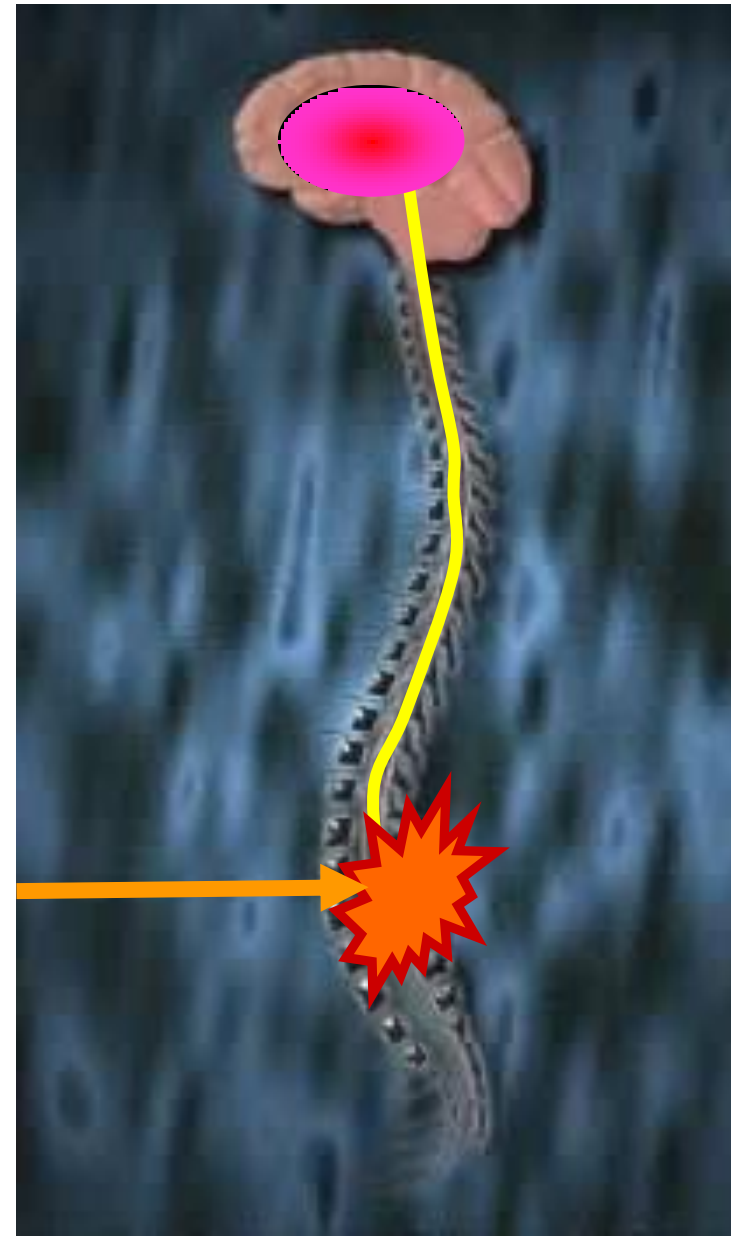
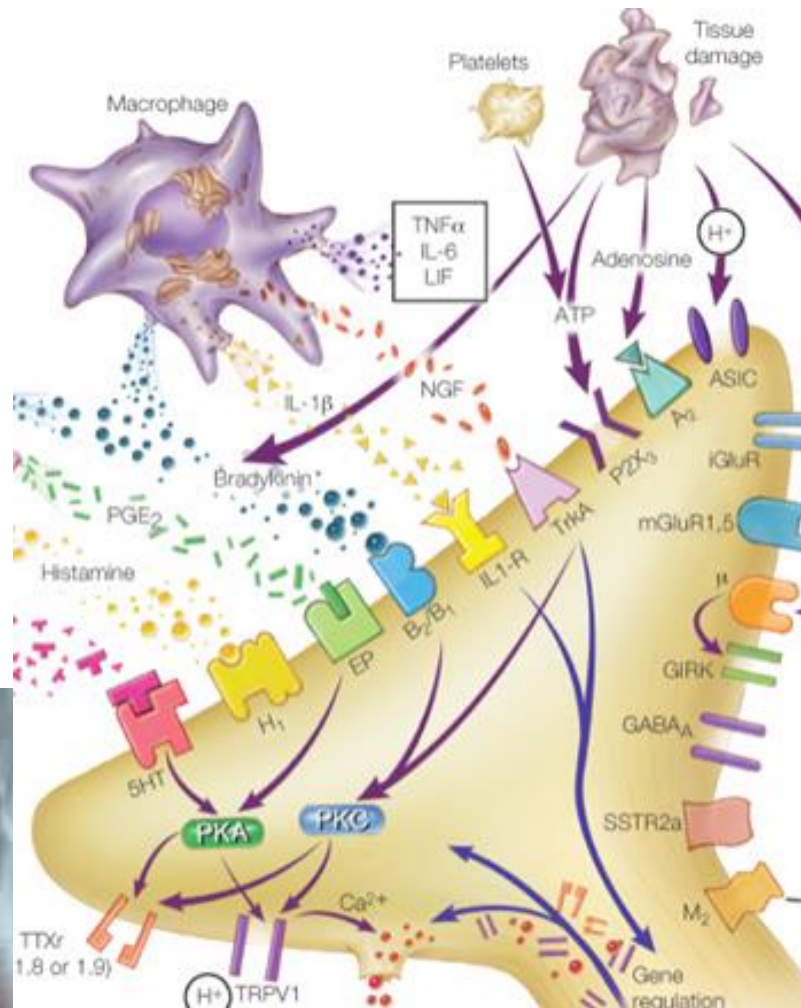
perifere zenuwstelsel

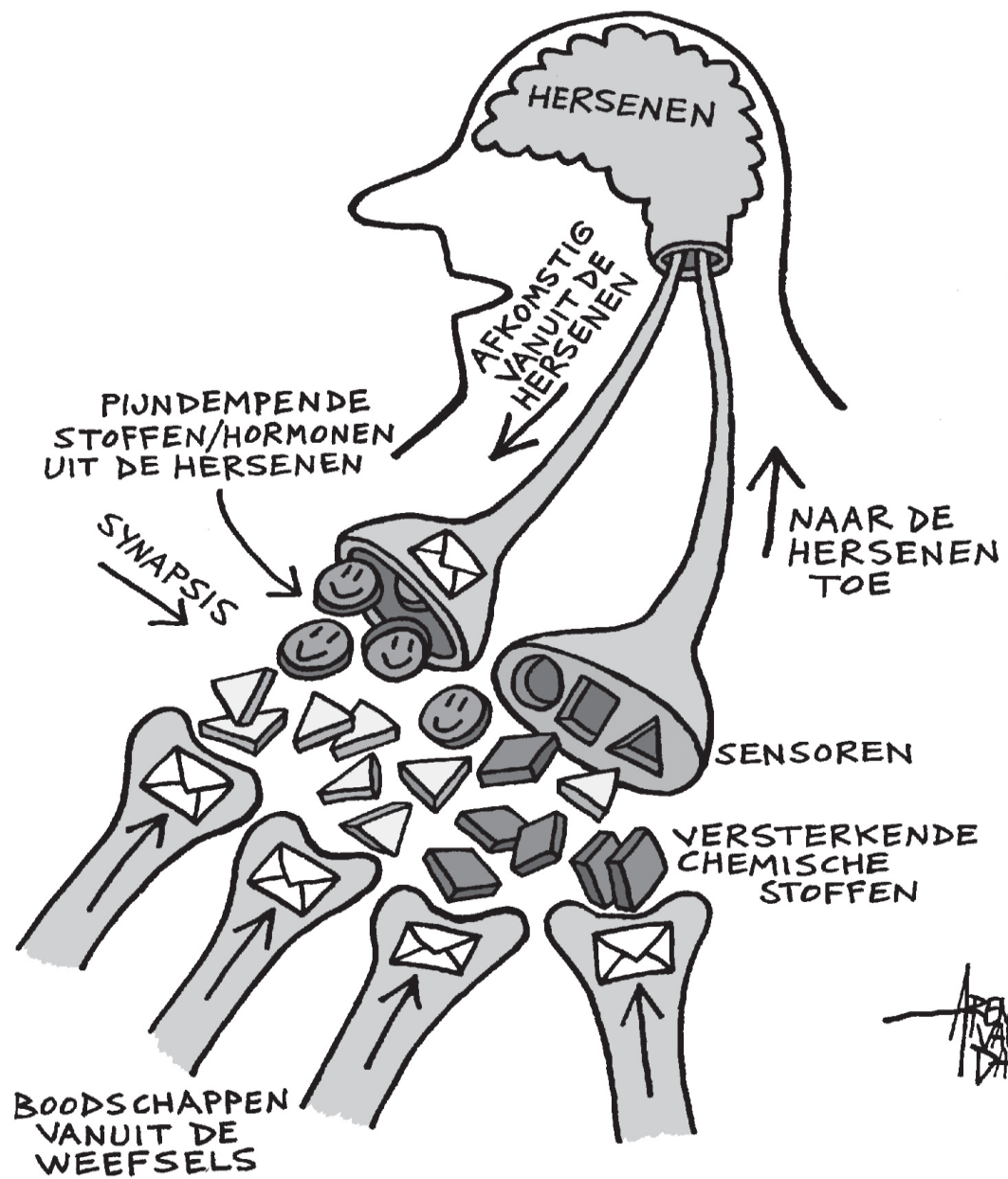


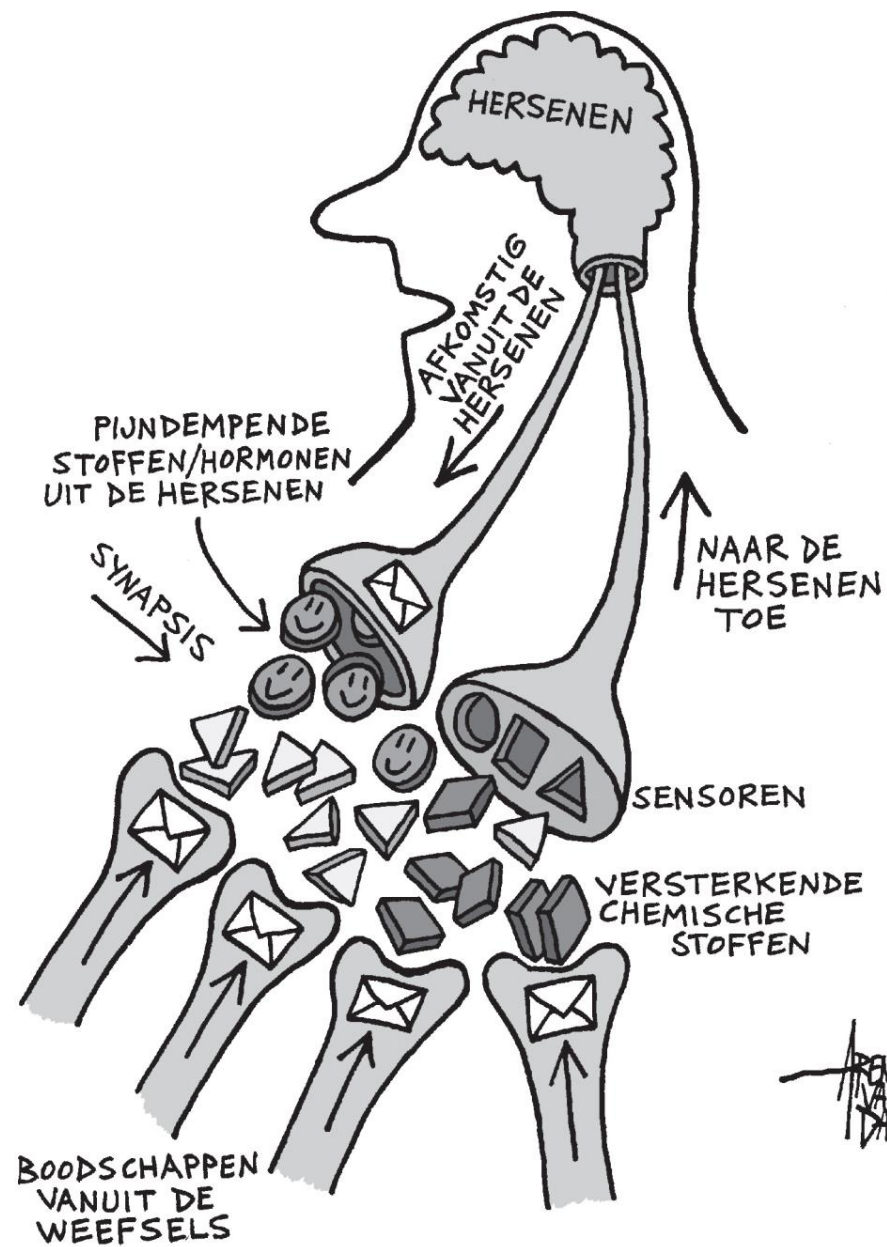


M = MECHANISCH
T = TEMPERATUUR
A = ACID/CHEMISCHE STOFFEN

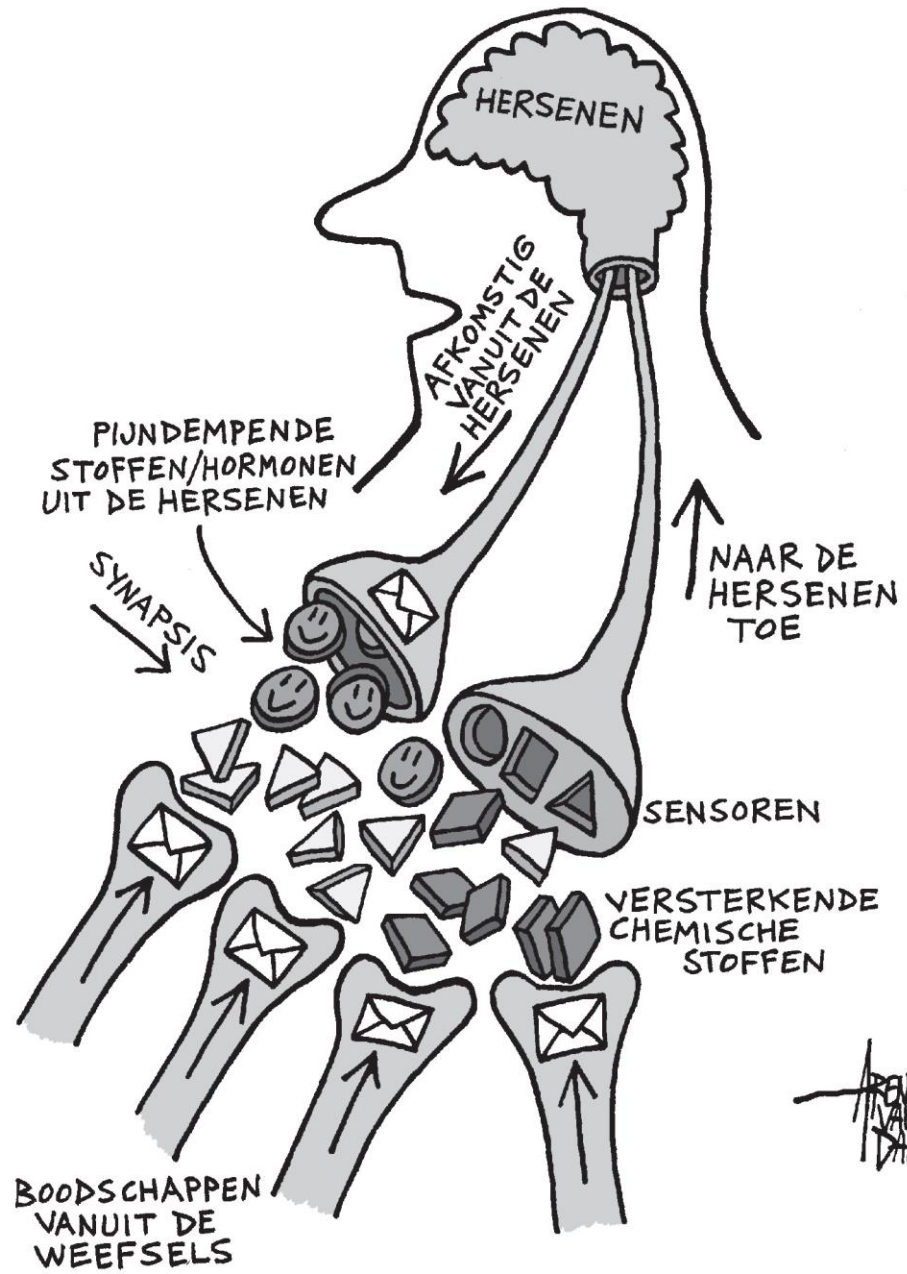




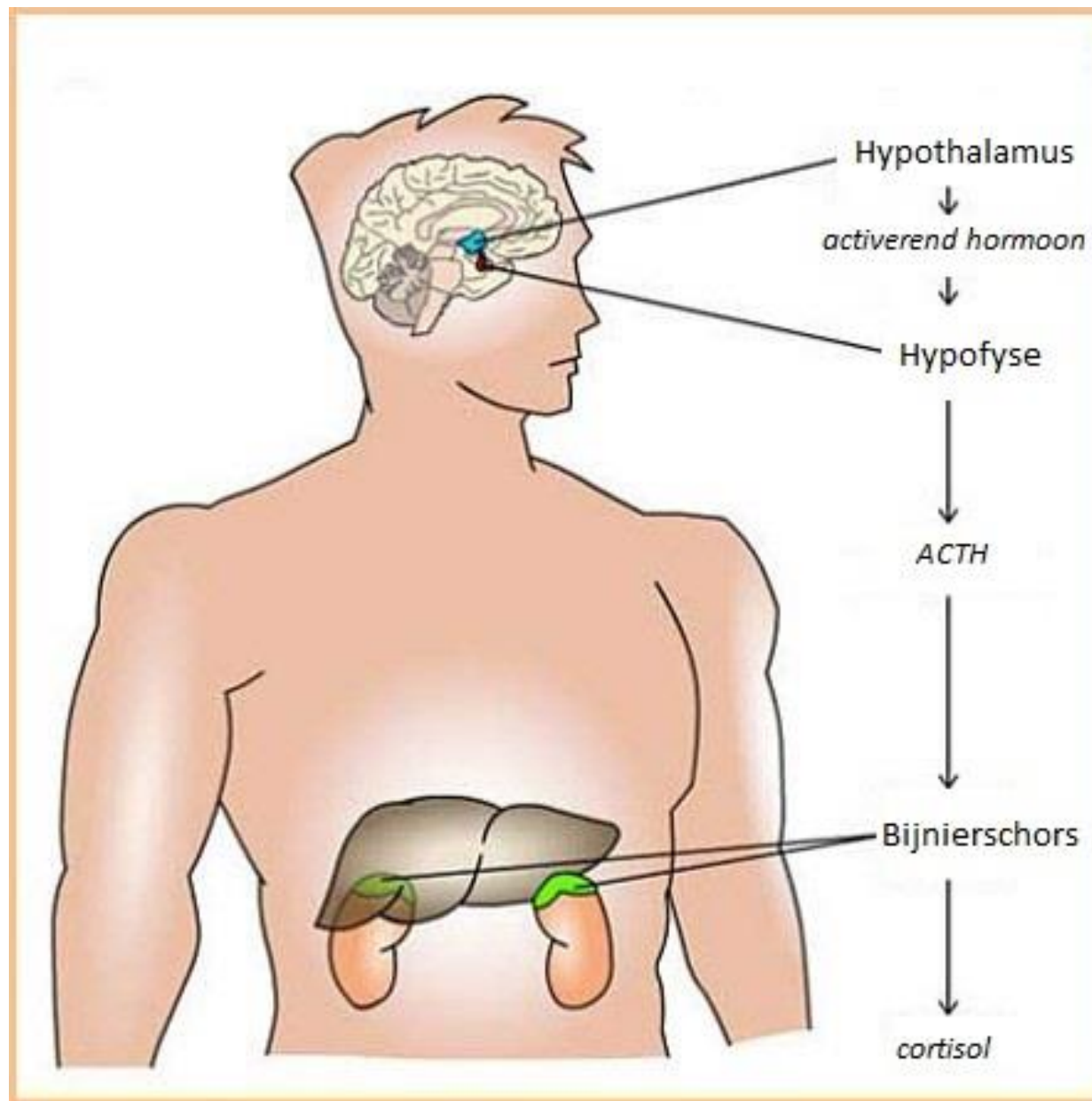




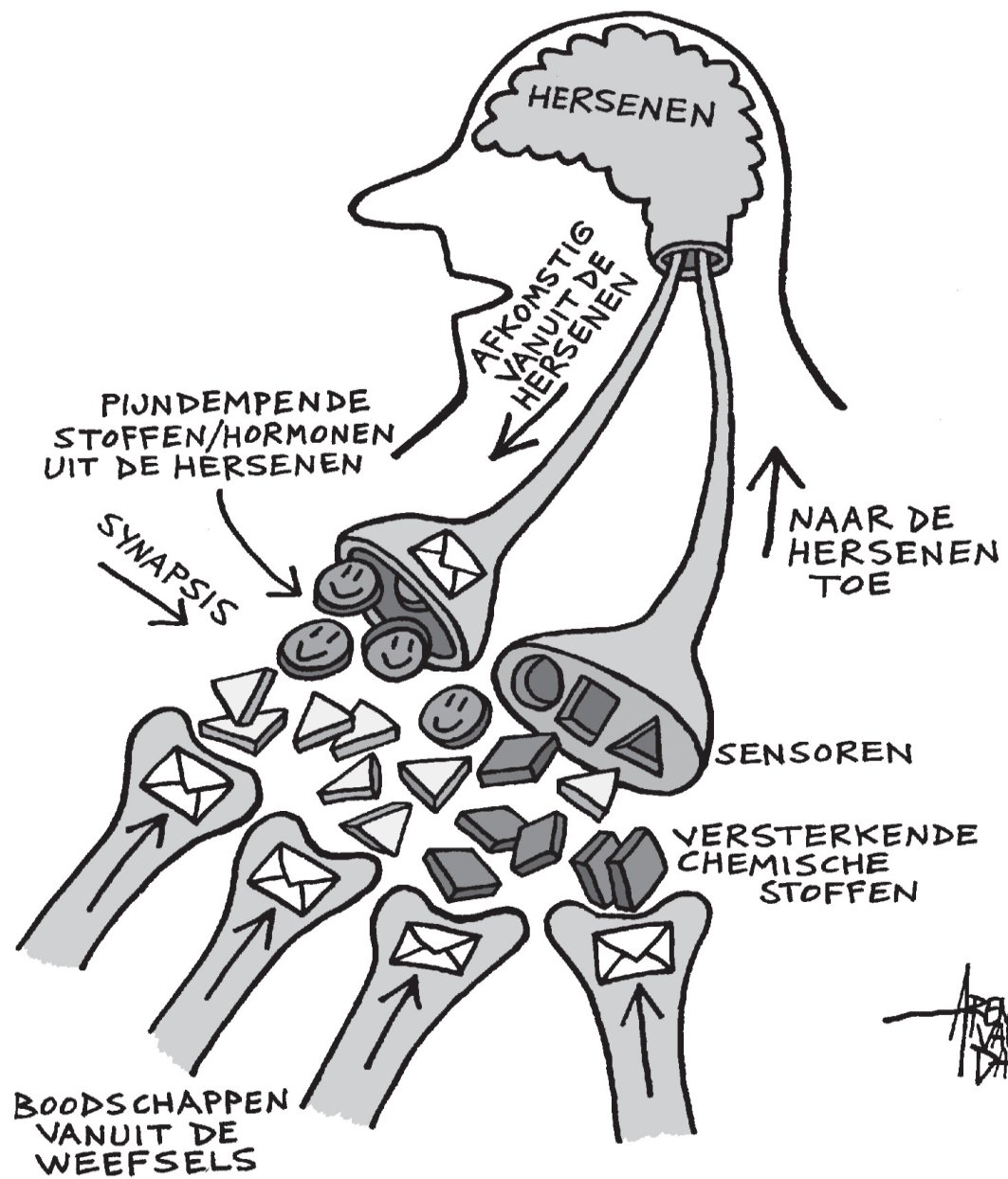


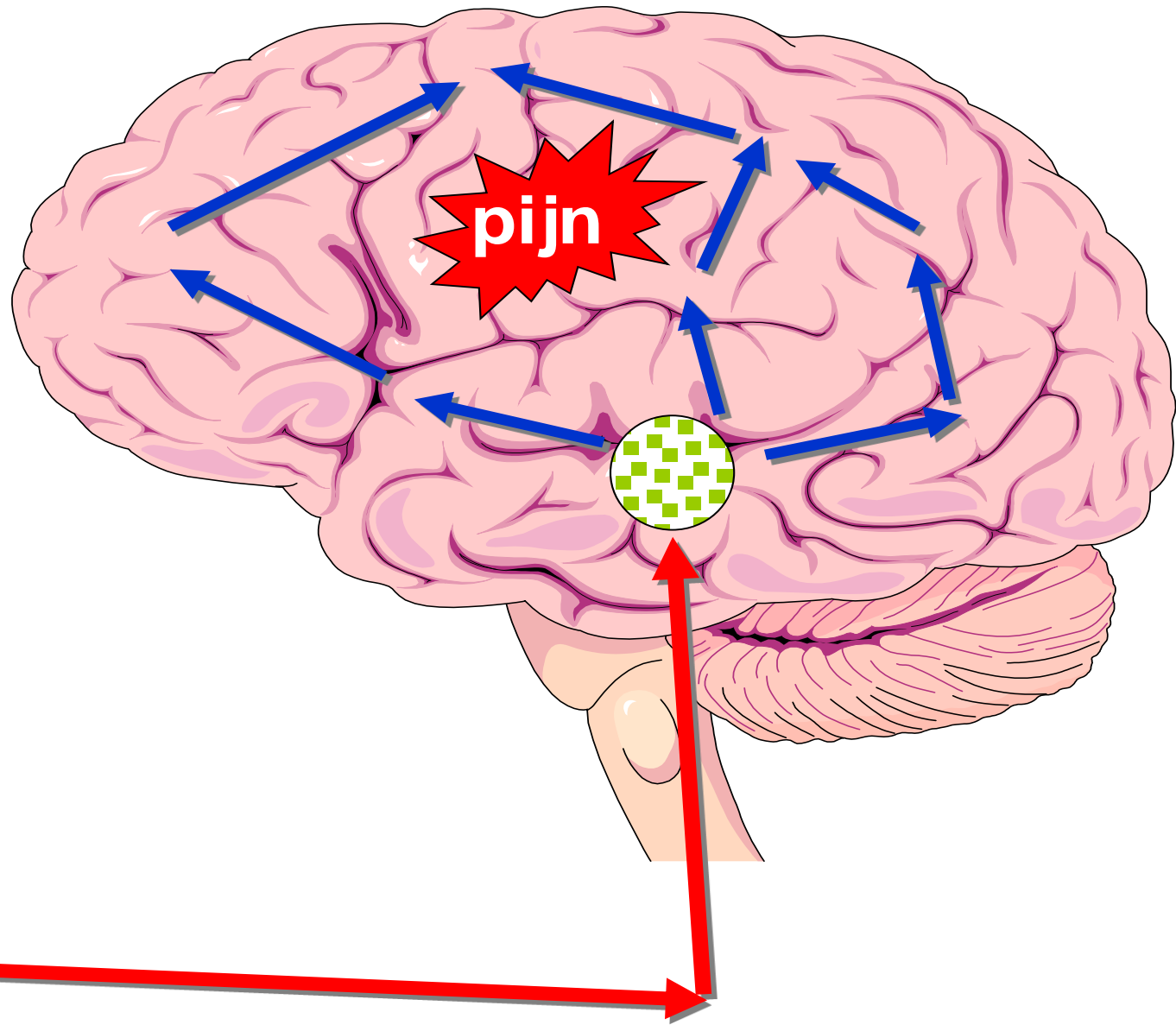




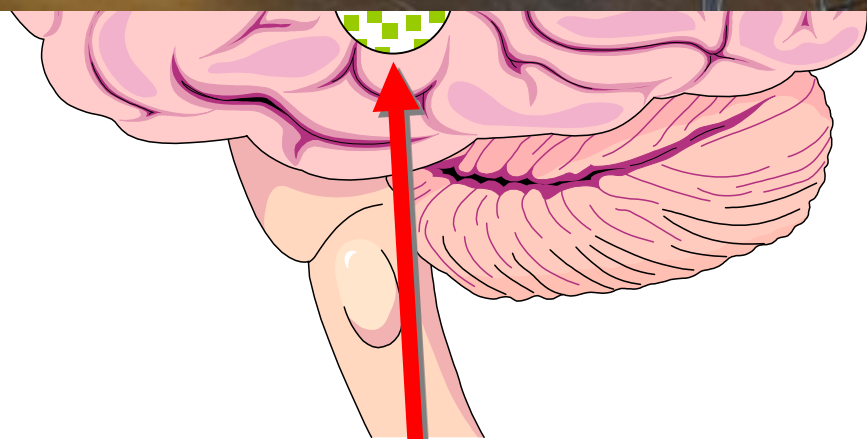
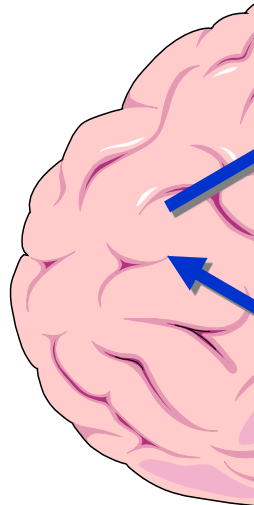


‘uitgeputte’ hormonale stress-as









Wervelkolom'schade' bij mensen zonder pijn

Imaging Finding	Age (yr)						
	20	30	40	50	60	70	80
Disk bulge	30%	40%	50%	60%	69%	77%	84%
Facet degeneration	4%	9%	18%	32%	50%	69%	83%

Wervelkolom'schade' bij mensen zonder pijn

Imaging Finding	Age (yr)						
	20	30	40	50	60	70	80
Disk degeneration	37%	52%	68%	80%	88%	93%	96%
Disk signal loss	17%	33%	54%	73%	86%	94%	97%
Disk height loss	24%	34%	45%	56%	67%	76%	84%
Disk bulge	30%	40%	50%	60%	69%	77%	84%
Disk protrusion	29%	31%	33%	36%	38%	40%	43%
Annular fissure	19%	20%	22%	23%	25%	27%	29%
Facet degeneration	4%	9%	18%	32%	50%	69%	83%
Spondylolisthesis	3%	5%	8%	14%	23%	35%	50%

Wat kan de kinesitherapeut voor u doen?

Uw pijn doen begrijpen

Stressbestendigheid verhogen

Oefentherapie

Activiteitenmanagement & -opbouw





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