

Flowchart for Assessing and Treating Phenotypes of Central Sensitization- SAD CLLIFSS

Characteristics of Persistent Pain (n=1) Pain is like a snowflake	How to Measure It- If you don't measure it, you can't address it	Treatment Considerations to Address Various Drivers- This is not an exhaustive list
Sensitive Nervous System?	CSI- Central Sensitivity Inventory	Use a Biopsychosocial Framework
S-Stress	DASS-21 Stress Subscale	Evoke the Relaxation Response (yoga, meditation, qi gong/tai chi, prayer), Watch The Connection (documentary); Learn good boundaries (CBT), Exercise
A-Anxiety	DASS-21 Anxiety Subscale	Use a Worry Journal, Cognitive Behavioural Therapy (CBT)
D-Depression	DASS-21 Depression Subscale	Exercise (Yoga, CV exercise, Resisted Exercise); Purpose- Pay it forward; CBT
C-Catastrophization	PCS-Pain Catastrophizing Scale	Reconceptualize Pain- Pain Biology Education; Body Scans/constructive rest; De-Catastrophization through CBT
L-Low Self-Efficacy	PSEQ-2-Self-Efficacy Questionnaire	Minimize Passive treatment; Give patients lived experiences of change; Use Social Modelling and Social Persuasion- Motivational Interviewing
L-Low Positive Affect	PANAS-Positive/Negative Affect Scale	Gratitude Training, Mindfulness (Positive Affirmations), Cardiovascular Exercise (CV), Pay it Forward
I-Injustice- Blame	IEQ- Injustice Experience Questionnaire	Forgiveness- Forgive for Good by Dr. Fred Luskin; Expressive Writing- Opening it Up by Writing it Down by Pennebaker/Smyth
F-Fear	TSK- Tampa Scale of Kinesiophobia	Pain Biology Education, Novel, non-threatening movements, Graded Exposure, Fear Ladders, Cognitive Functional Therapy (CFT)
S-Shame/Low Self-Compassion	Self-Compassion Quiz- Dr. Kristen Neff at www.self-compassion.org	Positive Affirmations; Self-Compassion Meditation; Forgiveness- Forgive for Good by Dr. Fred Luskin; CBT
S-Sensory Motor Representation	Fremantle Questionnaires: Fre-BAQ- Back; Fre-NAQ- Neck; Fre-KAQ- Knee; Fre-SHAQ- shoulder; Fre-PAQ (Perineal Awareness)	Body Mapping Exercises- Novel, non-threatening movements and exercises including Qi Gong or Yoga (if novel for the patient); can also include Feldenkrais and Franklin sensory motor exercises



