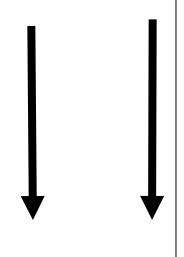
Gate Control Model of Pain

Factors that open the gate

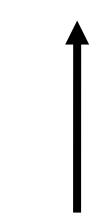
- Depression
- Anxiety
- Fear
- Mental focus on the site of injury
- Sense of no personal control
- Negative thoughts
- Social withdrawal





Factors that close the gate

- Emotional control
- Relaxation
- Mental distraction
- Positive thoughts
- Sense of personal control
- Engaging in enjoyable activities



Neurological Pain Signals