

Pain is Good

Pain gives you information. If you take pain pills, the pain gives little or no information. For example, if your broken foot is in the process of healing, you want it to hurt a little; then you can adjust movement and pressure to minimize the pain. If it's masked, you could re-injure your foot or at least slow the healing by movement and pressure you think is okay but which would normally be a warning sign.

However, you must still mask pain that is severe.