

Editorial Note

Pain has become one of the major medical problem in the world including Indonesia. The problems emerged in various aspect, including physical, psychological, social, spiritual and cultural. While the prevalence can be seen prominently in elderly population, pain does not spare the young one as well. It can be caused by degenerative disease, activities, or even the process of growing in children.

While the idiom ‘no pain, no gain’ is still relevance, pain itself also the great culprit for reduced productivity. Functional problem and decreasing quality of life is common to be found on patient with pain. The problem can be caused solely by the pain or by the complication of pain. The complication of pain, such as, pain behavior, biomechanic and postural problem, limitation of movement, and many others, can give rise to functional difficulties or another greater pain.

Physiatrists, as a physicians who deal with functional problem and a goal to optimize function, encounter pain daily in doing their clinical practices. When pain becomes the source of a functional problem, it has to be managed carefully. Thankfully, we, as a Physical Medicine and Rehabilitation Specialist, are gifted with a broad array of treatment modalities. Pain management begin with comprehensive pain assessment, etiology finding, establishment of diagnosis of functional impairment and disability, and determination of functional prognosis as a goal of treatment. Therapeutic procedures are carried out with a standardized method, both with the use of pharmacological treatment and physical modalities based on evidence based medicine and current recommendations.

One cannot neglect, that pain itself is by nature an alarm given to our body, to warn us that something is not right. That is why, it is wise to see the pain as foe but also friend. Sometimes it can be friend, but sometimes it can be foe. Sometimes we must fight it, but sometimes we must educate the patient to embrace it.

This edition of IJPMR gives us studies and researches about how to understand and manage pain within rehabilitation field. Hopefully, the broad spectrum of pain rehabilitation which will be discussed, will always remind us to treat pain comprehensively.

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