

# Pandemic Pain – Not Just Covid



Is it possible that our normal aches and pain have got worse or more noticeable during the year of this pandemic?

Why does this happen?

In the past months, there have been limitations on the use of public transportation, public spaces and work, education, and recreational facilities. All these changes have affected the way people connect with each other, manage their health and wellbeing, and fulfil their social roles. Research has already proven, several times in the past months, that this pandemic will lead to a steep rise in the prevalence of loneliness.

The cold winter weather also seems to bring out the aches and pains so we are caught up in these seasonal factors too.

We are more sensitive

Normally, spontaneous social interactions with others and participation in social roles can help to build up a sense of trust in others, promote feelings of wellbeing, provide protection from the harmful effects of stress and reduce pain sensitivity. On the other hand, social isolation

is associated with loneliness, higher levels of depression and anxiety, poorer health behaviours, poorer sleep, higher blood pressure, poorer immune function, and pain.

For these reasons, in a pandemic time, it can become more difficult to recover from an injury, easier to feel exhausted, more difficult to feel satisfied of and in our life.

What can we do to fight back?

Socialising virtually with friends and family will help. Also, establishing a physical activity routine and being consistent with it can directly act positively on our pain threshold. However, sometimes this is not enough when we are in pain and nobody deserves to suffer with it.

At RRMG we remain open following the strictest COVID guidelines to prevent the spread of the virus providing you with high-quality care MSK medicine and rehabilitation to assist your physical wellbeing. ■



About the Author – Emanuele Calabrese

A former professional basketball player, Emanuele is a passionate and enthusiastic Italian Osteopath who has the following creed  
“For me it is really important to diagnose and plan a bespoke treatment for each person, always considering their bio-psycho-social challenges.”

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