What does your pain feel like?

my **pain** feels like...

PAIN®
ICY COLD

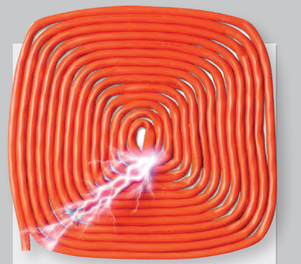
PAIN®
NERVE PINCH

PAIN®
CRAWLING

PAIN®
STABBING

PAIN®
HOT IRON

PAIN®
TINGLING



PAIN®
ELECTRIC SHOCK

PAIN®
PINS & NEEDLES

PAIN®
SHARP SPASM

PAIN®
PIERCING

PAIN®
BARBED WIRE

PAIN®
BURNING

Pain can be difficult to describe. Don't suffer in silence.

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Chronic Pain Ireland

Log on to **mypainfeelslike.ie** for further information.

GRÜNENTHAL