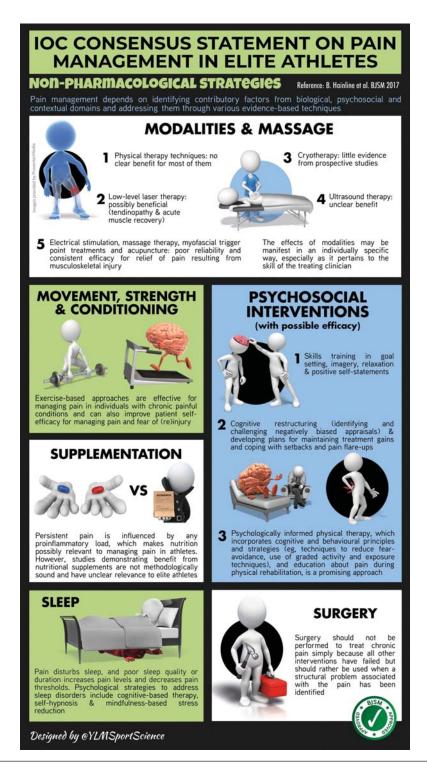
Infographic. International Olympic Committee consensus statement on pain management in athletes: non-pharmacological strategies

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Pain and injury are not synonymous. Pain can occur without sport injury, and sport injury may not necessarily manifest with pain. It is important to understand the basis of pain in elite athletes and then to begin non-pharmacological treatment based on the underlying aetiology. Pharmacological strategies can complement non-pharmacological management but should not be used as stand-alone treatment. Multidisciplinary pain management offers the best chance of addressing any combination of biomechanical maladaptations, aberrant neurophysiology and psychosocial influencers of pain.

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Infographics

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