

# “My hand is different”: Altered body perception in stroke survivors with chronic pain



## Background

Chronic pain and body perception disturbance are common following stroke, and can make daily activities more difficult and affect quality of life.

## The question

Is there a relationship between altered body perception and chronic pain in individuals with stroke? If so, is this related to the pain-affected region?



## The study

An online survey was developed for individuals who had experienced one or more strokes and included stroke details, pain features and any difference in perceived hand size post-stroke.



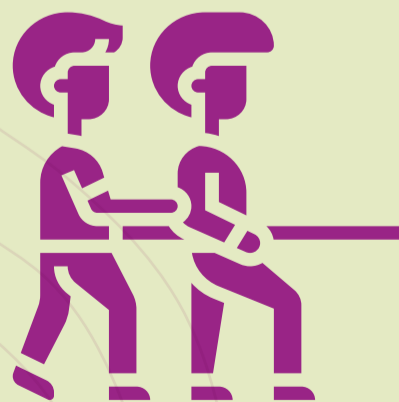
## The results

Stroke survivors living with chronic pain were almost three times as likely as pain-free survivors to experience altered body perception. Altered body perception of hand size was twice as likely when post-stroke pain was in the hand compared to other regions. There was no link between chronic pain and hemisphere of lesion.



## Clinical implications

Rehabilitation targeting altered body perception may improve function and pain-related outcomes for stroke survivors.



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