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How to Manage Disability-Related Pain as You Age [Aging Well with a Physical Disability Factsheet Series]

The University of Washington's Healthy Aging RRTC (Rehabilitation Research and Training Center) has developed an evidence-based Factsheet Series on a variety of topics related to aging well with a physical disability.

People with physical disabilities often experience pain related or in addition to their disability condition. When this pain lasts for more than three months, it is called chronic pain. Chronic pain seems to be most common in middle age (45-65 years). However, as some individuals with physical disabilities age, the frequency and severity of pain may increase. [How to Manage Disability-Related Pain as You Age](#) provides more information, including additional resources for pain management.

Article Source

University of Washington's Healthy Aging Rehabilitation Research and Training Center

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