



# Tri Rehab

*It's All About You*

In the physical therapy clinic, we hear it all the time...It seems like people report more pain and soreness during the cold and rainy days. But is there a true link between weather and chronic pain?

Research ongoing in the UK is using a smart phone app to find out. The app uses weather conditions reported via GPS and matches them with the users self-reported pain levels. The results are not ready for publication at this time, but thus far more than 9,000 people have participated.

The preliminary results are echoing a 2007 study completed in the US and published in the American Journal of Medicine. That study used a website to record patient pain levels, and concluded that changes in barometric pressure and temperature are associated with changes in osteoarthritis knee pain severity.

If the correlation proves to be true, it may allow people to predict chronic pain flair ups and potentially time out medication to prevent more severe symptoms. Soon there might even be an app for that.

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