SCIENCE

How you think about physical pain can make it worse

Across all of recorded history, the alleviating role of physical touch has been very often lost to many sufferers of chronic pain.

BY GARTH BUSHELL

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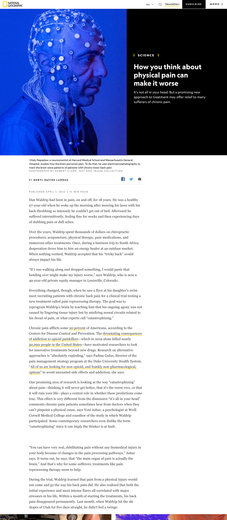

Cindy Tripodakis, a nurse practitioner at the Lund Medical Clinic and Massachusetts General Hospitals, describes the time she spent practicing yoga. To her, it's one of the most helpful things to do for people with chronic pain. Tripodakis's practice is now mostly telehealth, but she still recommends yoga to her patients. PHOTOGRAPH BY MARGARET MORGAN, WITH GRAND PRAIRIE PRODUCTIONS

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