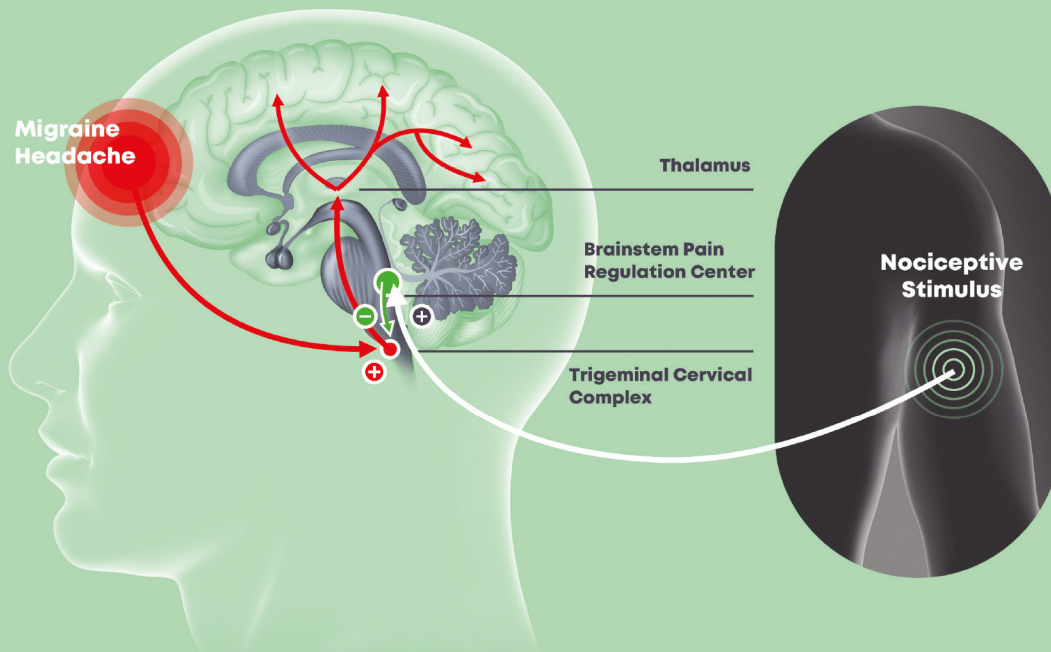


What Is Conditioned Pain Modulation?

Conditioned pain modulation (CPM) is a descending endogenous analgesic mechanism in which a nociceptive conditioning stimulus in one part of the body inhibits pain in remote body regions¹.

Utilization of CPM for the acute treatment of migraine: Nociceptive information from the upper arm travels through the ascending pathway to the brainstem pain regulation center. This results in global descending inhibitory signals that inhibit incoming messages of pain in the trigeminal cervical complex (TCC) that occur during a migraine headache.



CPM differs in notable aspect from the gate control theory:

	Clinical manifestation	Signaling	Spatial effect	Duration
CPM	Pain inhibits pain	Norepinephrine Serotonin	Global	Beyond stimulus exposure
Gate control	Touch inhibits pain	GABA	Local	Only during stimulus exposure

Reference

Nir R-R, Yarnitsky D. Conditioned pain modulation. Curr Opin Support Palliat Care 2015;9(2):131-137.