

**LIMBIC-CENC Clinical Care Monographs:**  
**Persistent Symptoms after mild TBI: Chronic Pain**

**Key Finding:** LIMBIC-CENC researchers found that mild TBI history is not directly related to chronic pain. Factors found directly related to chronic pain were PTSD, Anxiety, Depression, Insomnia, Arthritis, and extracranial injuries.<sup>1</sup>

**Perspective:** Chronic pain likely has a myriad of causes, contributing factors, with the role of mild TBI being unclear.

**Clinical Pearl:** Veterans and Servicemembers with chronic pain should receive holistic care, regardless of their mTBI history.

**References:**

1. Hoot MR, Levin HS, Smith AN, Goldberg G, Wilde EA, Walker WC, Eapen BC, Nolen T, Pugh NL. Pain and chronic mild traumatic brain injury in the US military population: a Chronic Effects of Neurotrauma Consortium study. *Brain Inj* 2018;32(10):1169-1177. doi: 10.1080/02699052.2018.1482427. Epub 2018 Jun 8. PMID: 29883191.

*n.b.: The 'Perspectives' and 'Clinical Pearls' expressed are based on interpretation of findings from the described Long-term Impact of Military-related Brain Injury Consortium/Chronic Effects of Neurotrauma Consortium (LIMBIC-CENC) research studies and their assimilation with the extant literature. These views are endorsed by LIMBIC-CENC leadership but may vary across individual researchers. All findings involve Service Members (SMs), Veterans (Vs) or both.*

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