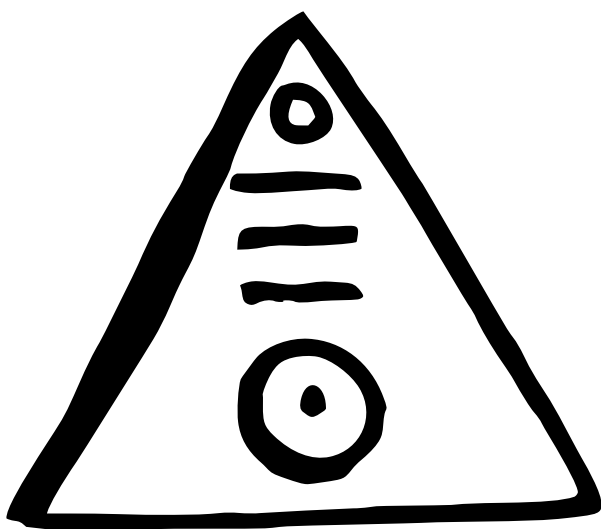


A lifetime of damage has been done and
nothing has been done to stop or fix it

As a child you are told that it is
just growing pains and it will go away
as your bones and tendons make adjustments
Stop crying, it will all be over soon
In your teens and twenties, you will be told
you are too young to be in any pain
and you'll be scolded as a drug seeker
for any attempts you make to soothe it
Once you are in your thirties you'll be told
it's all in your head, just anxiety
Over forty is old enough for pain
but now that's the only answer given

Chronic Pain



Chronic Pain

KATHERINE MONTALTO.COM

Copyright ©2026 by Katherine Montalto
All Rights Reserved