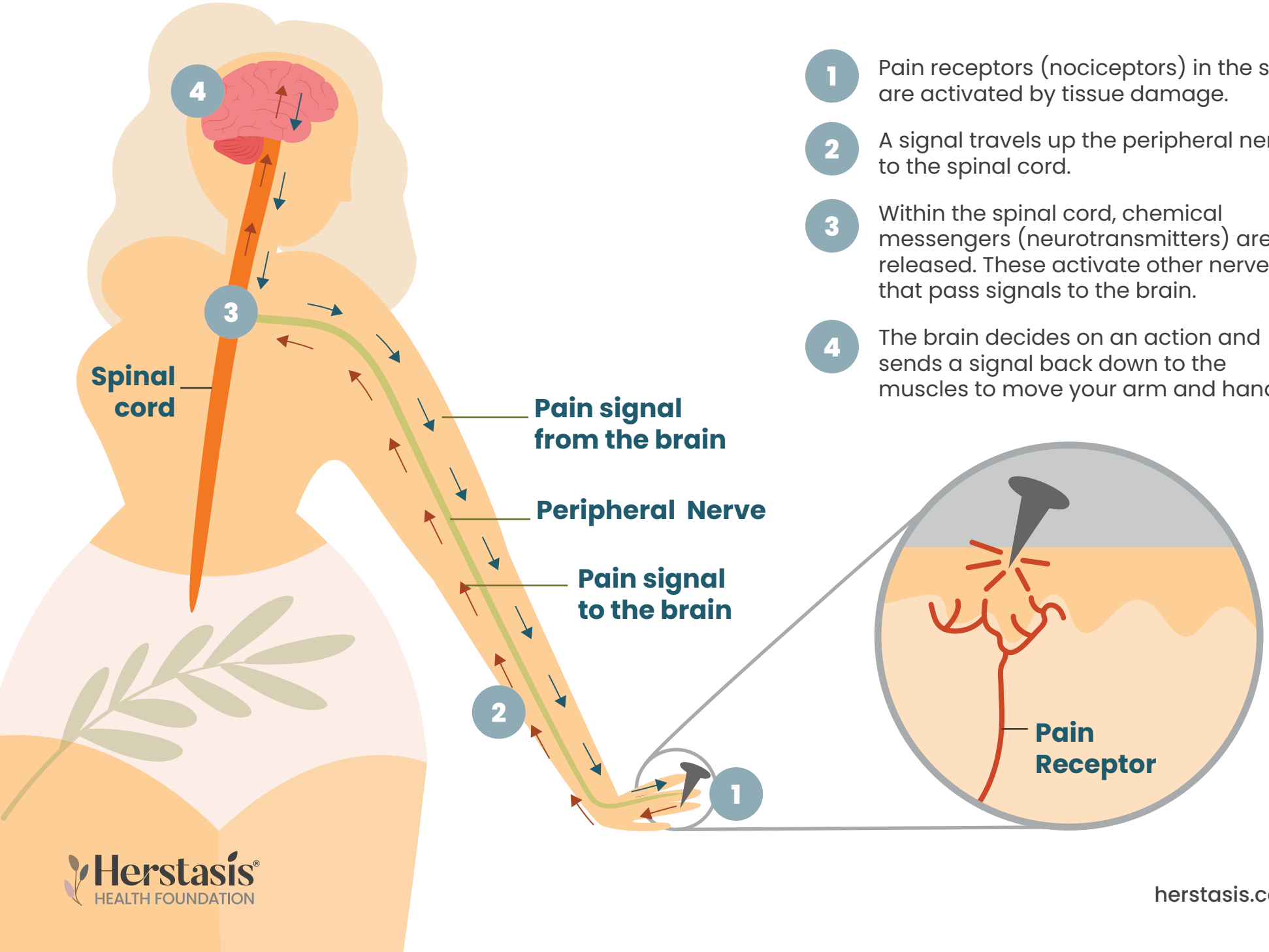
How You Feel Pain: The Pain Path



1. Pain receptors (nociceptors) in the skin are activated by tissue damage.
2. A signal travels up the peripheral nerve to the spinal cord.
3. Within the spinal cord, chemical messengers (neurotransmitters) are released. These activate other nerves that pass signals to the brain.
4. The brain decides on an action and sends a signal back down to the muscles to move your arm and hand.

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