

Neuroplastic pain, *defined*

Persistent pain and illness can be caused or prolonged by neural patterns in the brain. When the nervous system reacts to stress, trauma, emotions, or other life challenges, it can generate real physical symptoms as an alarm signal. These symptoms, called neuroplastic, can occur with or without a documented medical diagnosis. Scientifically validated treatments that retrain the brain can reduce or eliminate them.

Key facts

1 in 3

U.S. adults experience neuroplastic symptoms, over 80 million Americans.

ATNS National Survey; Clarke, Sondag, Goldberg & Gustafson, 2025.

40%

of primary-care patients have medically unexplained symptoms.

Haller, Cramer et al., 2015, Dtsch Arztebl Int.

66%

of people with chronic back pain were pain-free or nearly pain-free after Pain Reprocessing Therapy, vs. 20% on placebo, sustained at five-year follow-up.

Boulder back-pain study. Ashar et al., 2021 & 2025, JAMA Psychiatry.

\$600B

estimated U.S. cost in 2026, including body-directed treatments that offer no more than placebo value for neuroplastic symptoms.

Barsky AJ, et al., Arch Gen Psychiatry, 2005, adjusted for medical inflation.

10,000+

patients treated with neuroplastic recovery therapy by ATNS clinician Board Members since the 1980s.

ATNS.

Most common symptoms

Pain in muscles, limbs, or joints	53%
Back or neck pain	50%
Fatigue	32%
Headaches or migraines	27%
Digestive or bowel problems	18%
Dizziness	14%

U.S. adults with ongoing pain or illness, n = 1,166. 2026 ATNS National Survey, with XandY.

About ATNS

The Association for the Treatment of Neuroplastic Symptoms (ATNS) is a 501(c)(3) nonprofit that educates the public, patients, and practitioners about the diagnosis and treatment of neuroplastic pain and illness. It is founded and led by volunteer clinicians.

Names and links

Name	Association for the Treatment of Neuroplastic Symptoms (ATNS)
Website	neuroplastic.org
Social	@NeuroplasticOrg
Self-assessment	neuroplastic.org/quiz
Video	Pain Science Paradigm Shift
Research	Research library, 250 studies
Survey	2026 National Survey

Press contact

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Interviews with David Clarke, MD, and the ATNS Board are available on request.