

CREATE YOUR PAIN MANAGEMENT PLAN

Each person with pain is different—what works for one person might not work for someone else. An individualized, multidisciplinary approach is crucial. Creating a pain management plan, and setting personal health goals, can be very helpful in working toward reduced pain.

1ST

TAKE THE FIRST STEP

Use this form to help guide discussions with your health care provider at your next appointment.



MAKE PERSONAL GOALS

Setting small, realistic goals is essential to your pain management plan and can help your health care provider better understand your treatment needs. Pick **one** or **two** goals you'd like to achieve over the next three months. Be sure to indicate the frequency of your goal, and come up with one strategy that might help you achieve your goal.

GOAL

FREQUENCY

STRATEGY

Some examples:

Goal: Take more walks. | **Frequency:** 15 minutes, three times a week. | **Strategy:** Ask a family member to walk with me in case I need help.
Goal: Increase working hours. | **Frequency:** Two additional hours a week. | **Strategy:** Ask supervisor for permission to work from home.



DISCUSS A MULTIDISCIPLINARY APPROACH TO CARE

Now, let's talk about pain relief options that can help you improve function and achieve your goals. There are many options for safe and effective pain relief. Each person is different and must find what works best for them. Most people find they must try multiple therapies in combination. Let your health care provider know what types of treatment options you would consider trying.

I AM OPEN TO TRYING:

- ☐ **Over-the-counter pain relievers**, like NSAIDs, acetaminophen, etc.
- ☐ **Prescription pain relievers**, like nerve medications, muscle relaxers, antidepressants, etc.
- ☐ **Restorative therapies**, like physical therapy, occupational therapy, and gentle movement.
- ☐ **Complementary therapies**, like acupuncture and massage.
- ☐ **Mind-body care**, like seeing a counselor or joining a support group.
- ☐ **Medical devices**, like TENS units or nerve stimulation.
- ☐ **Adaptive devices**, like canes, braces, or other assistive technology.
- ☐ **Injections or surgical procedures**, like injections or spinal cord stimulators.
- ☐ **Other:** _____



CONSIDER SELF-MANAGEMENT STRATEGIES

Pain can make you feel helpless—but you're not! You have the power to make lifestyle changes that can improve your pain levels.

WHERE DO YOU THINK YOU COULD MAKE PROACTIVE CHANGES?

- ☐ **ACTIVITY MODIFICATION.** Successful pain management may require reducing and/or modifying your daily activities in creative ways. For example, perhaps you can grocery shop as usual if you allow for 15 minutes of rest beforehand.
➔ Ask for a referral to an occupational therapist.
- ☐ **SLEEP HYGIENE.** Inadequate sleep can make pain levels worse, and pain can make it hard to get adequate sleep. But there are many ways to improve sleep, like limiting light exposure, reducing caffeine intake, and sticking to a schedule.
➔ Ask for a referral to a sleep specialist.
- ☐ **STRESS REDUCTION.** Reducing stress can improve your pain levels and your ability to cope with pain. Some examples of stress reduction techniques include: meditation, mindfulness, music or art therapy, and journaling.
➔ Ask for a referral to a licensed mental health counselor.
- ☐ **DIET AND NUTRITION.** A nutritious, balanced diet can help you maintain a healthy weight, reduce inflammation, and ensure you are getting nutrients that support your overall well-being.
➔ Ask for a referral to a licensed nutritionist or dietician.
- ☐ **EXERCISE.** It can be difficult to keep moving when you have pain, but it's important in order to preserve your strength, mobility, and flexibility. Some examples of gentle exercise include yoga, walking, or aquatic exercise.
➔ Ask for a referral to a physical therapist.



SPEAK UP ABOUT CONCERNS

Check the statements that reflect your concerns about treatment.

I AM CONCERNED ABOUT:

- ☐ Not getting enough relief to return to my normal activities.
- ☐ Pain management masking my pain, but not resolving it.
- ☐ The effect of pain on my mental health.
- ☐ Side effects of medications.
- ☐ Developing dependency or becoming addicted to my medications.
- ☐ Other: _____

You have the power to take control of your pain!
For a more in-depth guide to pain management, visit:

<http://bit.ly/chronicpainguide>



TALK ABOUT YOUR MEDICATIONS

For your safety, it's crucial that you tell your health care provider about each and every medication you are taking. That includes prescription medications, but also over-the-counter medications and herbal or vitamin supplements.

I HAVE TALKED TO MY DOCTOR ABOUT:

- ☐ Herbal and vitamin supplements
- ☐ Over-the-counter medications
- ☐ Prescription medications

