

MANAGING CHRONIC PAIN

STARTLING STATISTIC

Over 130 million Americans suffer from chronic, or frequently-occurring, pain. Chronic pain creates both physical and psychological problems that affect whether a person can engage in meaningful activities each day.



WHAT CAN AN OT DO?

- **Identify** specific activities or behaviors that aggravate pain and suggest alternatives
- **Teach** methods for decreasing the frequency and duration of painful episodes
- **Implement** therapy interventions that may decrease dependence on, or use of, pain medications
- **Facilitate** the development of better function for daily activities at work and home
- **Collaborate** with the team of health care professionals to determine the best course of treatment
- **Recommend** and instruct on the use of adaptive equipment to decrease pain while dressing, bathing, doing household chores etc.

FROM AN OCCUPATIONAL THERAPIST'S PERSPECTIVE

CHRONIC PAIN CAN

- DECREASE A PERSON'S STRENGTH AND COORDINATION
- DECREASE INDEPENDENCE
- CAUSE STRESS THAT MAY LEAD TO DEPRESSION



OCCUPATIONAL THERAPY CAN HELP

Occupational Therapists (OTs) can help people with chronic pain learn to manage the physical and psychological effects and lead active and productive lives. Occupational therapy can foster management of daily activities and lifestyle to enable successful, long-term coping with pain.



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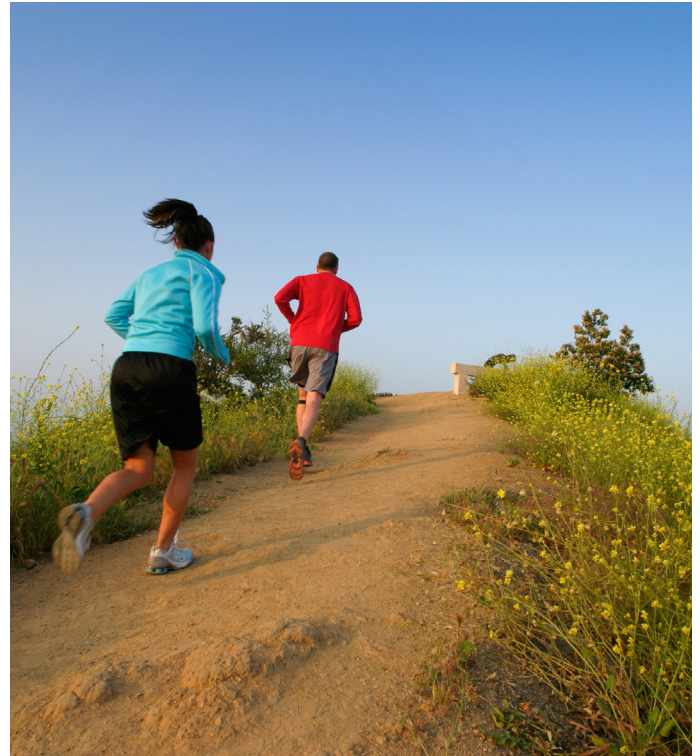
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MANAGING CHRONIC PAIN

What can a person with chronic pain do?

- Develop and practice a lifestyle based on wellness including plenty of rest, exercise, healthy nutrition, and a positive attitude
- Practice techniques to decrease intensity of pain
- Organize a daily routine with personal pain management goals
- Exercise to increase strength and flexibility and reduce pain
- Practice relaxation techniques to calm the mind and reduce tensions



Physical, Occupational and Speech Therapy

APPOINTMENTS AVAILABLE WITHIN 24 HOURS

Weekdays 7am-8pm

Saturday 8am-12pm

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