

BENEFITS OF GOOD PAIN CONTROL

- Promote activity
- Improve healing
- Minimize long-term complications
- Provide positive health outcomes
- Decrease re-admission rates

No content on this brochure, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.



Health Quality Innovators
9830 Mayland Drive, Suite D
Richmond, VA 23233

www.HQIN.org

Pain Control without Medication



To improve your pain management you can provide pain control in a variety of ways apart from administering medication(s). This handout was created to list the many available options to promote comfort and provide pain control for you.

TIPS FOR LIVING WITH CHRONIC PAIN

Chronic pain interferes with your ability to work, enjoy activities and take care of yourself or others.



Deep breathing



Reduce Stress



Acupuncture



Calming Music



Physical Therapy



Cut Back on Alcohol



Don't Smoke



Join a Support Group

Chronic pain lasts months or years and happens in all parts of the body. The pain can be there all the time or it can come and go.

Pain can interfere with your ability to work, enjoy activities and take care of yourself or others. Pain can lead to fatigue, depression and anxiety. The first step in treatment is to find and treat the cause.

When that isn't possible, the most effective approach can include a combination of therapies and lifestyle changes.



Other Options



Cold and Heat



Weight Loss



Mind Body Techniques



Imagine Positive Things



Pet Therapy