

PAIN MANAGEMENT CHAPTER #1

200 + ways to reduce your pain

Imagery • Music therapy • Self hypnosis • Fresh fruits and vegetables • Correct standing position • Appreciate nature • Sexual pleasure • Biofeedback • Vitamin B complex • Dance therapy • Pillow top mattress • Practice effective problem solving • Puzzles • Power naps (less than 20 minutes) • Alternate 1 minute very warm shower with 15-20 seconds cool shower • Vocational counseling • Develop a flare plan • Help someone else • Work redesign • Meditation • Realistic expectations • Reduce stress • Enjoy a comedy • Lava lamp for relaxation • Hold hands • Yoga • Word repetition for relaxation • Set realistic goals • Vibratory massage • Practice saying no • Wide toe box on shoes • Identify things that trigger pain • Assertiveness training • Get/give daily hug • Learn anger management • Qigong • Vocational rehabilitation • Laugh • Correct laying position • Anti-inflammatory diet • Engrossing reading • Reflexology • Protein Shakes • Stimulating conversation • Journaling • MSM • Refuse to feel guilty • Share a memory • Recognize small successes • Draw a picture • Acupressure • Individual therapy • Make a list of free or inexpensive activities that bring you joy • Say thank you • Reframe each negative thought to a positive thought • Walk a dog • Relaxation response • Call a friend • Foot massage with shoebox full of marbles • Relax program on Kaiser website • At red light relax left leg, take a deep breath, exhale slowly, think relax • Practice abdominal breathing • Melatonin • care for your back program on Kaiser website • Find a quiet place and take a quiet break every 2 hours • Vitamin D • Any time you have to wait, focus your eyes on a spot and take several slow deep breaths & think “relax” • Neck stretches • Rediscover a hobby • Control fears: use patterned breathing to relax for 30 seconds anytime • Silver Sneakers • Care for Pain program on Kaiser Web site • Ayurvedic medicine • Smile • Educate yourself • Ginkgo biloba • Make the system work for you • Local anesthetic cream • Take a stress management class • Soft cervical collar • Develop a positive relationship with your primary care provider • High fiber diet • Progressive muscle relaxation • Help others help you; activate network of supporters: assign them each a task/role • Full spectrum light 30 minutes upon arising or twice daily • Get exposure to outside sunlight • Cranio-Sacral Massage • Get a pet • Ground flax seed • Antidepressants • Feldenkrais • Healing touch • Avoid use of sleeping pills (benzodiazepines) • Hot bath • Paraffin wax bath for hands or feet • NSAIDS • Develop a pre-bedtime routine • Overcoming Insomnia program on Kaiser website • Limit caffeine • Massage with medicated lotion • Stop smoking now • Aromatherapy • Make an appointment to worry • Feverfew • Sleepy Time™ Tea • Panic healing • Homeopathic medications • Treat side effects • Shock-absorbing arch supports • Pacing • Elimination diet • Splint or brace • Low fat, moderate protein, moderate carbohydrate diet • Vitamin C • Living Well with Chronic Illness Class • Let go of shame • Walk with trekking poles • Increase intake of omega 3 fatty acids • Pero (coffee substitute) • Increase exercise gradually • Lose weight but don't skip meals • Sing • Body awareness • Chair dance • Anticonvulsants • Massage • Group therapy • Manual lymphatic drainage massage • Theracane™ • Reiki • Change position every 20 minutes • Kegels • Acupuncture • Couples therapy • Shiatsu • Support group • TENS (transcutaneous electrical nerve stimulation) • Shoulder rotations • Family therapy • Cool room for sleeping • Volunteer • Tush cushion • Place a bar of soap under your sheet to prevent rolling into a bad position at night • Cervical pillow • Take a short walk • Tai chi • Pain diary • Chiropractic • Orthotics • When traveling – every 45 min take a break and walk and stretch for at least one minute • Move with music • Naturopathy • Conditioning program • Taping • Avoid alcohol • Correct sitting position • Peppermint • Glucosamine • Chondroitin • Elevate site • Range of motion • Lidocaine • Gentle curl over • Calcium • Capsaicin cream • Trigger point injections • Limit acetaminophen to less than 4 grams daily • Use a lumbar support • Have a list of things to do if you can't sleep • Ice 15-20 minutes every 2 hours • Smooth Move™ Tea • Heat 15-20 minutes every two hours • Water walk • Forgive • Ride a stationary bike • Use a wagon to carry garden supplies • Pedometer • Valerian root • Steroid injections • Treat anxiety • Treat depression • Grow your own food • Pillows between legs (knees to feet) • Oxygen • Treat sleep apnea • Loofah sponge • Docusate • Senna • Distraction • Theragasic patch • Oatmeal biscuits • Saw palmetto • Purchase a small timer • Use a pill minder box • Cranberry juice • Lavender oil • Rocking • Sage • Therapeutic bath/hot tub • Neutral position • KP online • Medical resume • Delegate responsibility • Wear loose fitting clothes • Frozen dixie cup massage • Download relaxation exercises • Han Electroacupressure • Drink Herbal Tea • Sorbitol sweetened candy • Tennis ball self-massage • Drink water • Go outside • Communicate • Pet a pet • Discover and seek your passion • Visualize success