



Pain management is important to your health and healing. The goal of pain management is to control the amount of pain you feel. At Memorial Medical Center, managing your pain is a very important part of the care we provide.

WHAT YOU NEED TO KNOW:

There are many ways to relieve your pain in addition to pain medications. Most of these methods help you to relax.

The mind is a very powerful tool in helping to manage pain. When you are relaxed, your muscles are not as tense and this helps with management of your pain.

Here are several methods to help manage your pain. Select a few of these options and talk to your nurse to see if they are appropriate for you. Each person may respond to these therapies differently.

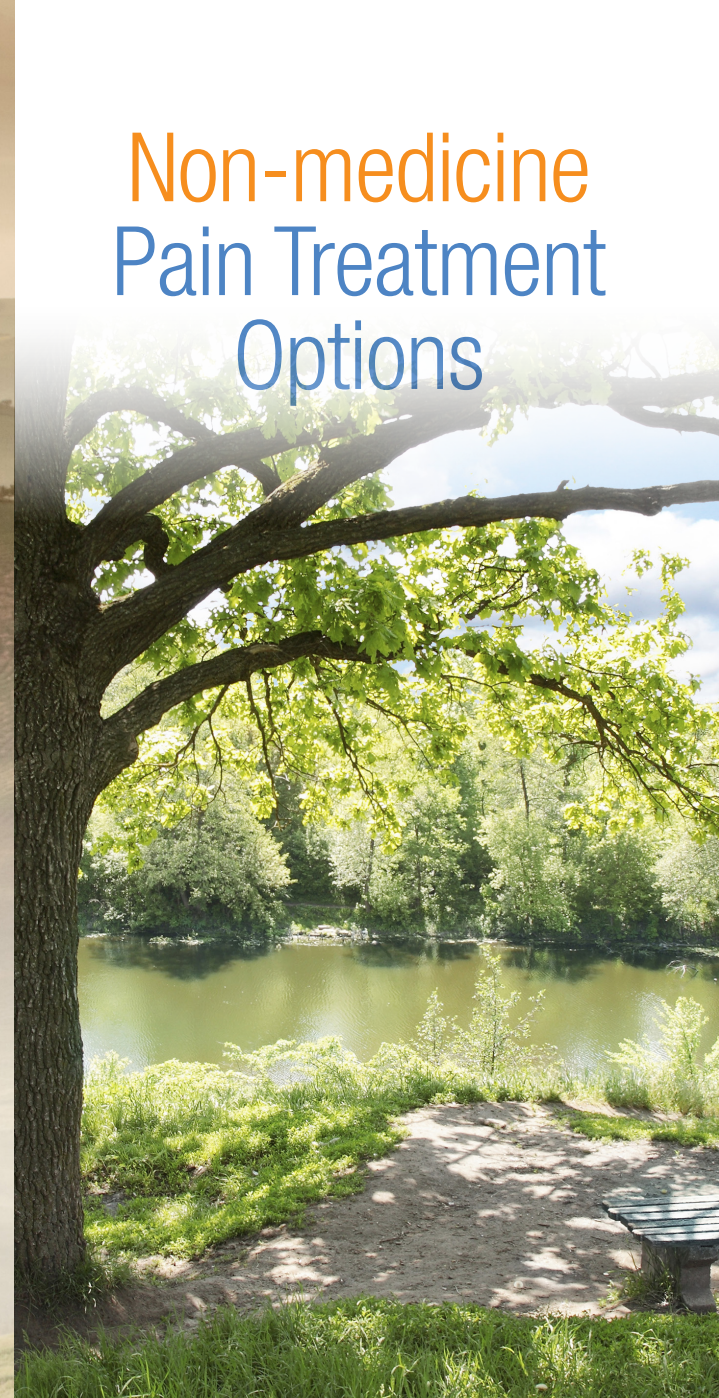
What are ways you manage your pain at home?

What things have been effective to treat your pain in the past?



MemorialMedical.com

Non-medicine Pain Treatment Options



Check methods you might like to try:



Heat/Cold Therapy

Heat can relieve muscle spasms and sore muscles, while cold can ease pain by numbing pain sensations and decreasing swelling.



Abdomen, Chest or Neck Support

Additional support may help decrease pain caused by movement.



Physical Therapy

Physical therapy teaches you exercises to help improve movement and strength, and to decrease pain.



MMC Relaxation Channel

This channel plays music that may help increase energy levels and improve your mood. It may help reduce pain by triggering your body to release chemicals that decrease pain. This channel also offers guided imagery. Putting pictures in your mind may make pain less intense.



Breathing Techniques

This can help relax muscles and decrease anxiety, both of which may help decrease pain.



Quiet Time

Adjusting lighting, sounds, room temperature and tightening/smoothing sheets may make you more comfortable.



Distraction

Distraction turns your attention to something other than the pain. Any activity that occupies your attention can be used for distraction. Work with your nurse to determine what you like to do. Perhaps it's watching television, listening to music or reading.



Repositioning

Repositioning may help prevent further pain and helps increase the blood flow and prevents muscle spasms and contractions.



Spiritual Support

Most people can use this method. This method may help reduce the depression and anxiety that is caused by pain.