Support

Spiritual

Relaxation Strategies

Breathing and Relaxation

Coping with stress, emotions, and defenses related to pain.

Positioning

Physical Therapy

Options include:

Heat/Cold

Non-Medical Treatment

Options include:

Aromatherapy

Cognitive Behavioral Therapy

Athomatherapy

Addressing spiritual and emotional needs by creating a healing environment.

Support

Chest or Neck

Abdomen

Movement: decreases pain caused by

Distraction

Fitness

Physical therapy teaches you

Treatment: to decrease pain.

Healing Tips to Help You Relax!

There are many ways to relieve your pain.
What is Pain?

Pain is an uncomfortable feeling that your body uses to tell you that something may be wrong. It can be described as steady, throbbing, stabbing, aching, pinching, etc. Sometimes it’s just a nuisance, like a mild headache. At other times, it can be debilitating.

Pain can occur anywhere in the body. The way you feel pain is unique to you. We care about your pain. Nurses will talk to you about how much pain you are having.

TELLING US ABOUT YOUR PAIN

TELL YOUR NURSE...

HOW the pain feels.
- IS IT BURNING? STABBING? SHARP?

LOCATION of the pain.
- Is the pain in one spot? Can you point to it with one finger?
- Does it start in one spot and shoot to another part of the body?
- Is it located in an entire area of your body and difficult to pinpoint?

HOW MUCH pain you are having.
- You will be asked to rate your pain on a scale of 0-10, 0 being no pain and 10 being the worst pain you have ever had.

Will all my pain be gone?

Although we would like to take all your pain and discomfort away, that is not always possible. We will help you find different non-medicine ways to manage your pain and keep you as comfortable as possible.

WHAT ARE WAYS YOU MANAGE YOUR PAIN AT HOME?

WHAT THINGS HAVE BEEN EFFECTIVE TO TREAT YOUR PAIN IN THE PAST?

Setting goals for pain relief

You will set your goals in collaboration with your doctors and nurses.

Your goals will focus on ways to manage your pain with non-medicine means to keep you functional in your daily life.

MemorialMedical.org

002-0763 03/05/20