



the **4P's** of **PAIN** **MANAGEMENT**

Nearly **1 in 2** people (44.4%) consider themselves to be suffering from pain. **3.4%** have an **extreme** pain problem.

1 in **5**

people live with chronic pain

The best pain treatment uses a combination of the 4P's.

Prevention

Better Sleep
Activity Pacing
Splints or Orthotics
Healthy Lifestyle

Psychological

Self-Management Education
Counselling
Relaxation Training
Hypnosis
Social Support

Physical

Exercise
Physiotherapy
Massage
Acupuncture
Chiropractic
Electrical Devices

Pharmaceutical

Match medicine to the TYPE of pain.
Medicine should make movement & sleep more comfortable, but may not eliminate pain.



DID YOU KNOW?

- MRI, CT Scan, and X-ray can't be used to diagnose pain.
- Different types of pain can overlap and change over time. Different types of pain need different treatments.
- Chronic pain can be due to a change in the sensitivity of the nervous system, an ongoing problem with body tissues, or both.

To learn more about services available in Saskatchewan Health Authority, visit:
www.saskatoonhealthregion.ca/painmanagement

