

#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.

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

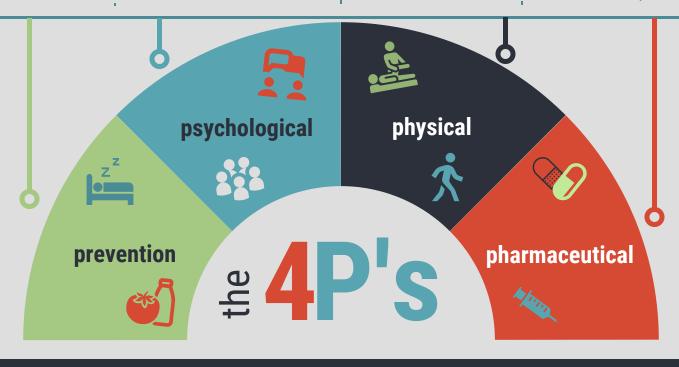
Self-Management Education
Counselling
Relaxation Training
Hypnosis
Social Support

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.



