



# 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.

