

PAIN MANAGEMENT

COMMON TREATMENTS FOR ACUTE PAIN



Pain relief meds such as paracetamol can be useful for mild-to-moderate



Non-steroidal anti-inflammatories such as ibuprofen can help reduce swelling



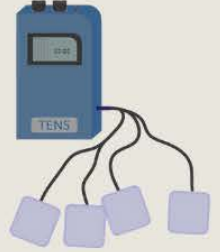
Bandages can provide compression and support



A wrapped ice pack can help with swelling



A heat pack can help reduce stiffness



A TENS machine uses mild electrical currents to relax muscles and relieve pain

ALTERNATIVE OPTIONS FOR PAIN RELIEF

Drugs are the “go-to” solution for pain relief but may also cause side effects and serious health complications. There is evidence that alternative, non-drug options can provide relief for many common causes of pain. Alternative therapies may also be used to complement and enhance medication-based treatment and pain management.

1 ACUPUNCTURE

Acupuncture, long used in Chinese medicine, is now popular and widely practiced in North America to improve health and well being. Thin needles inserted into the body at specific points help to reduce pain and improve bodily functions. For example, research shows that acupuncture can reduce the frequency of headaches and migraines. It may also reduce short-term pain in people with knee osteoarthritis, while improving physical functioning in the short- and long-term.

2 EXERCISE AND PHYSIOTHERAPY

It's hard to stay motivated and active, especially when something (back, knees, hips, etc.) is acting up. But don't give up: research shows low-impact exercise can be one of the best ways to relieve back pain or knee pain as well as build strength and stamina.

3 COGNITIVE-BEHAVIOURAL THERAPY

CBT is a short-term, goal-oriented type of psychotherapy that helps people develop personalized coping skills and change harmful thoughts. It's often used to treat mental health problems, but may also help relieve pain - particularly pain that isn't due to a specific disease or condition. For example, studies show that CBT helps reduce the frequency and intensity of chest pain.

4 YOGA

Relaxation techniques like yoga - including stretching, breathing and meditation - calm the mind, reduce stress, and lower blood pressure. Research shows yoga helps ease pain and disability associated with the muscles, nerves, and spine of the lower back.

5 MUSIC THERAPY

Music can entertain, inspire, cheer, soothe, motivate and relax. According to research evidence, listening to music also helps reduce pain, anxiety and depression.

TYPES OF PAIN

ACUTE PAIN VS. CHRONIC PAIN

- Short-term pain that comes on suddenly and has a specific cause (usually tissue injury)
 - Lasts for fewer than 6 months and goes away once the underlying cause is treated
 - Tends to start out sharp or intense before gradually improving
- Lasts for more than 6 months, even after the original injury has healed
 - Can range from mild to severe on any given day.
 - Sometimes there's no apparent cause
 - Other symptoms that can accompany: tense muscles, lack of energy, limited mobility

TYPES OF CHRONIC PAIN

1 NOCICEPTIVE

- Most common type of pain - can also be acute
- This is the type of pain you usually feel when you have any type of injury or inflammation
- It can be further classified as being either *visceral* or *somatic*.

↳ VISCERAL

- Results from injuries or damage to the internal organs
- Often felt in the chest, abdomen, and pelvis - it's usually hard to pinpoint the exact location
- **Described as:** pressure, ache, squeezing, cramping
- May be accompanied by other symptoms: nausea or vomiting, changes in body temperature, heart rate, or blood pressure.
- **Examples:** gallstones, kidney stones, appendicitis, irritable bowel syndrome, angina

↳ SOMATIC

- Results from stimulation of the pain receptors in the skin, muscles, joints, connective tissues, and bones. It's often easier to pinpoint the location
- **Described as:** constant aching, stabbing, sharp, gnawing
- It can be further classified as either deep or superficial:
 - **Deep:** felt in joints, tendons, bones, and muscle. It's often described as aching
 - **Superficial:** felt in skin and mucus membranes. It may feel sharp or throbbing
- **Examples:** bone fractures, strained muscles, connective tissue diseases (such as osteoporosis), skin cuts, burns, joint pain (including arthritis pain)

2 NEUROPATHIC

- Results from damage to or dysfunction of the nervous system
- Seems to come out of nowhere, rather than in response to any specific injury
- May also feel pain in response to things that aren't usually painful, such as cold air or clothing against your skin.
- **Described as:** burning, freezing, numbness, tingling, shooting, stabbing, electric shocks
- **Some sources:** diabetes, chronic alcohol consumption, accidents, infections, facial nerve problems (such as Bell's palsy), spinal nerve inflammation or compression, shingles, carpal tunnel syndrome, HIV, central nervous system disorders (such as multiple sclerosis or Parkinson's disease), radiation, chemotherapy drugs