

Acceptance & Commitment Therapy

- Figure out when pain isn't dangerous
- *Accept resolution takes time*
- Make a conscious decision to do what you love anyway
- Push through it

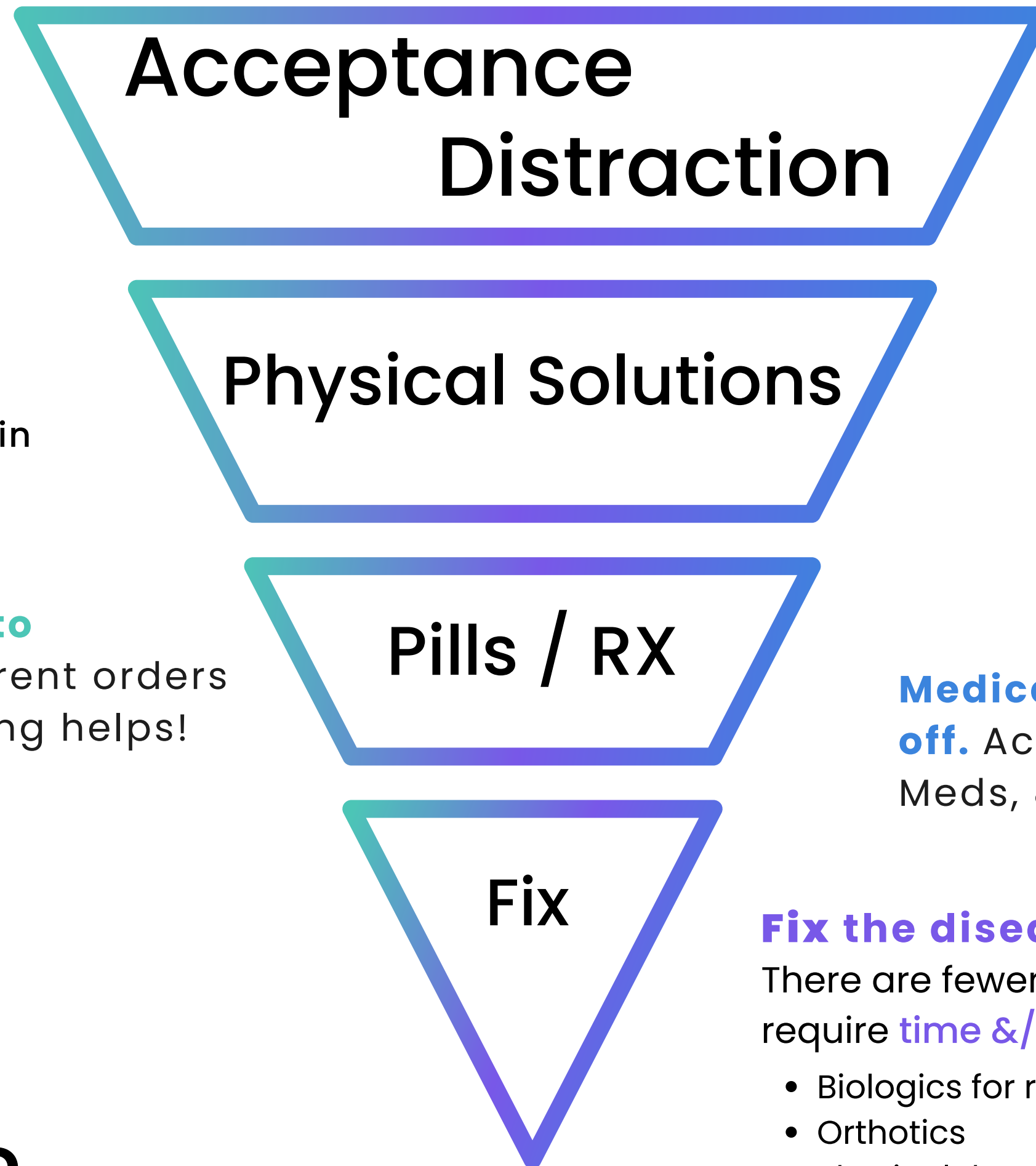
Works better than traditional pain therapies (for chronic pain).

Physical problems respond to physical solutions. Try different orders & combinations. Experimenting helps!

- Ice and/or Heat
- Massage
- Magnesium
- Physical Therapy
- Compression
- Yoga, Stretching or Rollers
- Accupressure or Acupuncture

THE PAIN PYRAMID

Source: Dr. Amy Baxter (Pain Care Labs LLC)



For acute pain, distraction reduces pain by half. During recovery, plan activities & have distractions available to last past the expected duration of pain.

For chronic pain

- Build up meditation skills
- Set activity goals
- FOLLOW THROUGH

Medications peak & then wear off. Acetaminophen, Neurological Meds, & Opioids

Fix the disease or fix the imbalance

There are fewer options for “fixes” and typically require **time &/or surgery.**

- Biologics for rheumatoid arthritis
- Orthotics
- Physical therapy
- Losing weight

