Learn About Your Disease and Pain
• Keep a pain notebook or diary
• Read about your disease and its treatments
• Read about complementary therapies you may want to try
• Read about dietary supplements
• Learn about joint surgery options and when they are a good choice

Work With Health Professionals
• Discuss diagnosis and treatment options with your rheumatologist or an orthopaedic surgeon
• Develop a pain management plan with your health-care team
• See a physical and/or occupational therapist
• Consult with a chiropractor
• Seek out a mental health professional

Medication
• Take arthritis medicines as prescribed
• Take pain-relieving medications as prescribed
• Try topical rubs
• Ask about injections (hyaluronic acid or corticosteroids)
• Review your medicines with your pharmacist

Physical Activity
• Try stretching exercises each day
• Walk regularly
• Use resistance bands three times per week
• Try an aquatics class for low-impact exercise
• Strengthen your back, abs and core

Natural Therapies
• Practice relaxation techniques
• Consider dietary supplements like fish oils or turmeric
• Create positive interactions with people
• Schedule a massage
• Consider acupuncture

Self Care
• Develop good sleep habits
• Use heat and cold for pain management
• Eat more anti-inflammatory foods
• Work on getting to your ideal weight
• Balance activity and rest
• Keep processed foods to a minimum

Here is a sampling of activities you may want to include in the SMART goals of your pain management plan.