



Pain Plan Suggestions

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

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

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