

MANAGING CHRONIC PAIN TOGETHER: A TOOLKIT FOR PATIENTS & PRACTITIONERS

1 in 5 Canadians lives with chronic pain. You're not alone. There are resources and supports to help.

1

YOUR PAIN IS REAL

Pain can affect your well-being in many ways, and it impacts everyone differently. No matter what condition you're living with—arthritis, fibromyalgia, Complex Regional Pain Syndrome, or pain after an injury—your experience is real, and your pain deserves to be acknowledged.



Coping with pain every day can feel overwhelming, but with active management and support, the burden can ease. Your pain doesn't define your future. There is hope out there.

2

A TEAM-BASED CARE APPROACH WORKS

Multidisciplinary pain management is a team-based approach to care. Different health professionals work together to provide treatment based on your needs - this may include your doctor, physiotherapist, occupational, exercise therapist, social worker, and pharmacist - even though they may not work in the same clinic.



People who live well with chronic pain do better when they are valued, equal partners on this team.

3

CHRONIC PAIN CAN BE MANAGED

The good news is that there are therapies and strategies proven to work, to reduce pain, and improve quality of life.



Multiple factors including physical, psychological, & environmental/cultural etc. contribute to an individual's chronic pain experience. A successful pain management strategy will consider these aspects. The right plan will be unique to you.

Your healthcare team can work with you to develop a plan and may suggest a combination of therapies to consider, or specialist expertise to support your specific needs.

4

ACTIVE SELF-MANAGEMENT MAKES A DIFFERENCE



Research shows that being actively involved in managing your pain can have a big impact on your quality of life. Self-management is about building new skills & using your existing ones. Try out different strategies, and see what works best for you.

This can take some patience. Don't give up and be kind and gentle to yourself. Reach out for help. Peer support from others who are walking the same path can provide connection, opportunities to share solutions, and help reduce feelings of isolation along the journey.

6 THERAPIES & STRATEGIES TO HELP YOU MANAGE YOUR CHRONIC PAIN

PHYSICAL

- Physiotherapy
- Occupational Therapy
- Massage Therapy
- Acupuncture
- Osteopathy
- Kinesiology
- Chiropractic



HOLISTIC AND COMPLIMENTARY

- Indigenous Healing Practices
- Traditional Chinese Medicine
- Meditation, Mindfulness Techniques
- Yoga, Tai Chi
- Spiritual Practice



EMOTIONAL AND MENTAL HEALTH

- Clinical Counselling
- Psychotherapy
- Social Work Services
- Peer Support Groups
- Cognitive Behavioral Therapy



LIFESTYLE

- Nutrition
- Gentle Movement & Exercise
- Sleep
- Postural Techniques such as Feldenkrais
- Environmental



MEDICATION

- Tylenol
- NSAIDs
- SSRI/SNRI
- Nerve pain medication
- Opioids



PROCEDURES

- Trigger Point Injections (myoActivation)
- Nerve Blocks
- Epidural Steroid Injections
- Cortisone Injections
- Hyaluronic Acid



Research shows that getting involved in managing your pain can have a big impact on your quality of life. Self-management refers to the skills and behaviours that can help you live well with your chronic condition. Self-management doesn't replace physical therapies, medication, and psychological support, but it's a big part of feeling better. There are many ways to self-manage your pain. Explore different options to find out what works best for you.

WHAT'S NEXT?

THINGS THAT WORK FOR ME	WHAT I WOULD LIKE TO TRY	PROVIDERS I'VE SEEN FOR MY PAIN

REFLECTIONS AND RESOURCES

GETTING STARTED: *Check out these resources one at a time to increase your knowledge about chronic pain.*

- Visit Pain BC website <http://www.painbc.ca>
- Take this free course to learn about pain <https://www.retrainpain.org/languages/english>
- Hear from others with chronic pain <http://www.liveplanbe.ca/real-stories>
- Use the Power Over Pain Portal <https://poweroverpain.ca>
- Make a Pain Plan <http://www.liveplanbe.ca/manage-my-pain>
- Read the FH Self Management Handbook <https://fraserhealth.patienteduc.ca/file/community-pain-self-management-program-handbook-735684.pdf>
- Review the Canadian Pain Toolkit https://www.pipain.com/uploads/6/5/3/8/6538150/_canadian_pain_toolkit_pipn.pdf



SELF-MANAGEMENT PROGRAMS

[Pain BC](#)

[Self Management BC](#)

[Pain Recovery](#)

[FH Community Pain Self Management Program](#)



VIDEOS

[The Mysterious Science of Pain](#)

[Understanding Pain in Less than 5 Minutes](#)

[The Neurobiology of Chronic Pain: Understanding a Stuck Alarm System](#)



BOOKS

[8 Steps to Conquer Chronic Pain: A Doctor's Guide to Lifelong Relief Paperback](#)

[Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain](#)